

You are not alone
in this. ♥

Be Gentle With Yourself

Self-compassion can help when grief feels messy, heavy, or overwhelming.

DIFFERENT DAYS. THE SAME LOVE. ♥

What self-compassion means

A KINDER WAY TO BE WITH YOURSELF
IN HARD MOMENTS.

- **Self-kindness:** talk to yourself with care instead of criticism.
- **Common humanity:** grief is part of being human, not a personal failure.
- **Mindfulness:** notice what is happening without judging it.

You are
doing enough. ♥

Small steps
can make
a big difference. ♥



What grief often says

THE INNER CRITIC CAN BE LOUD
IN GRIEF.

I should be over this.

I should be stronger.

I am doing this wrong.

These
thoughts are
common.
You are not
alone. ♥

A kinder response

YOU CAN CHOOSE A MORE COMPASSIONATE
VOICE.

This is hard and I am allowed to hurt. ♥

I can take this one moment at a time.

There is no perfect way to grieve. ♥

Small ways to practice

GENTLE ACTIONS CAN MAKE A DIFFERENCE.

- Put a hand on your chest.
- Use a softer tone with yourself.
- Ask: what do I need right now?
- Rest without earning it.
- Compare yourself less.
- Accept support.



Kindness
counts. ♥

Try this

A GENTLE PRACTICE FOR HARD MOMENTS.

This is painful.
Grief is human.
May I be kind to
myself right now. ♥



A
kinder
tomorrow
is still
possible.

Breathe

Be kind

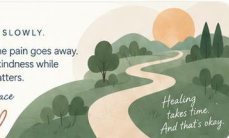
You belong here

Remember

IT'S OKAY TO TAKE THINGS SLOWLY.

Self-compassion doesn't mean the pain goes away. It means you meet yourself with kindness while you move through it. And that matters.

You are allowed to take up space
in your own healing. ♥



Healing
takes time.
And that's okay.

You are not alone

GRIEF CAN BE HEAVY, BUT YOU DON'T
HAVE TO CARRY IT WITHOUT SUPPORT.

- Be patient with yourself.
- Speak to yourself with care.
- Reach out when you need to.
- You are doing the best you can.
- And that is enough.

A softer
tomorrow
is still
possible. ♥

Want to know more?

Visit leanneatkinson.ca

Hope still belongs here. ♥