

SELF-COMPASSION AFTER TRAUMA & OVERWHELM

Kindness is not weakness. It is a resource.

People
 Heal
 in
 Connection
 ♥

1 What is self-compassion?

Self-compassion means noticing pain, remembering you are human, and responding with kindness instead of harsh judgment.

It has three parts:



Mindfulness
 Noticing what is happening with curiosity and openness.



Common humanity
 Remembering you are not alone. Struggles are a normal part of being human.



Self-kindness
 Responding to yourself with care and understanding instead of harsh self-judgment.

You are human.
 You are doing your best.
 That is enough.
 ♥

2 Why it matters after trauma

Trauma often increases shame, self-blame, and inner criticism.

Your nervous system may stay on high alert, making it easy to focus on what went wrong or what you 'should' have done differently.

Self-compassion helps reduce threat, soothes the nervous system, and supports emotional regulation. It creates safety inside, which helps healing, resilience, and a kinder relationship with yourself.



A calmer inner voice creates a safer you.
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Compassion helps you move from survival to healing.
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3 What self-criticism sounds like

Try a more compassionate response:

I should be over this.

Why am I like this?

I am too much.

This makes sense.

I am having a hard moment.

My nervous system needs care.

A kinder inner voice can change everything.
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4 Small ways to practice

Self-compassion grows through small, consistent choices.



Hand on heart
 Place a hand on your heart. Feel its warmth and remind yourself you are safe now.



Softer tone of voice
 Notice how you speak to yourself. Try a kinder, more supportive tone.



Slow breath
 Take a few slow, grounding breaths to calm your nervous system.



Lower expectations
 Adjust what is realistic today. You don't have to do it all.



Ask for help
 Reach out to someone you trust. Connection supports healing.



Rest
 Give yourself permission to rest. Rest is productive and helps regulation.



Journal
 Write what you're feeling. Allow honesty without judgment.



Supportive phrases
 "I am doing enough."
 "This is hard, and I am still proud of myself."



Set boundaries
 Protect your energy. It's okay to say no, take space, or limit what feels overwhelming.

5 A compassion pause

A simple 3-step practice for hard moments.

1 Notice what hurts.

Pause and check in. What are you feeling right now? Where do you feel it in your body?

2 Name that this is a hard moment.

You might say, "This is really hard," "It makes sense I feel this way," or "This is a moment of struggle."

3 Offer yourself one kind response.

What would you say to a loved one right now? Give that same kindness to yourself. Take a breath. Choose care.

'You cannot shame yourself into healing.'
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A gentle reminder ♥

- ♥ Healing takes time.
- ♥ Progress can be uneven.
- ♥ You still deserve care.
- ♥ You are more than what happened to you.
- ♥ A kinder you is possible, and it matters.