

# Feeling Stressed?

## Respond with a Self-Compassion Break

### **Mindfulness:**

Bring awareness to your current experience (what physical sensations, thoughts and emotions are present?) Can you validate your current experience in a kind and understanding way? "This is difficult, this is stressful."

### **Common Humanity:**

Can you allow your knowledge of people struggling with the virus, uncertainty, fear or stress to enhance your sense of being part of an international family rather than feeling separate? Can you say to yourself "This is how it feels to be human right now."

### **Self-Kindness:**

Try putting a hand over your heart or other comforting place helping to calm or soothe some of your feelings through touch. What words would you like to hear from a friend to reassure yourself right now? Can you say these words to yourself in a warm and compassionate voice?

**Loving - Connected - Presence**