

Session 3: Ride out the Storm with Compassion

A short review of self-awareness and balance



What does it mean to develop compassion in our lives? for others? for ourselves?

Exercise 01: A quiet look at loving-kindness

Elements of Self-Compassion

- 1) _____

- 2) _____

- 3) _____

The Yin & Yang of Self-Compassion

- 1) Yin: _____

- 2) Yang: _____

SIX THOUGHTS FOR REFLECTION

- 1) recognize that emotions are universal
- 2) prepare for self-compassion practice using centered rhythmic breathing
- 3) observe and label emotions
- 4) validate and accept feeling with compassionate understanding
- 5) willingly engage with and respond to powerful emotions
- 6) cultivate positive feelings associated with experiencing self-compassion





Creating a pathway to happiness by cultivating a compassionate mindset

Self-compassion, Self-care for caregivers

Compassion Meditation

