

~~COMPARISON~~ → COMPASSION

If you notice yourself comparing what you can do, or how you look to other people, especially on social media, you can use the three steps of self compassion to take a moment to apply some self compassion, and hopefully help yourself to feel better.



1. What's going on, and how does it make you feel?

2. Do you think anyone else feels this way?

3. What kind things can you say to yourself? (If you are stuck, try thinking about what you would say to a friend who is feeling this way)

You are the person you will spend the most time with- so let's be kind!

Here are some ideas for kind things you can do for yourself- Add your own ideas and move through the list to try some new strategies for self compassion

MIND

- Try a Self-compassion Body Scan
- Meditate using a self compassion recording (try insight timer)
- Write a letter to yourself



MOVEMENT:

- Dance to a song that matches your mood
- Go for a walk outside with your friend or pet
- Try some Youtube Yoga



NOURISH:

- Prepare some nourishing fuel for your body
- Get creative in the kitchen and try something you haven't tried in a while



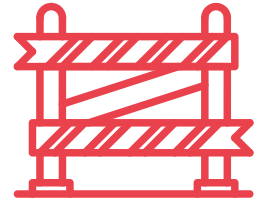
SUPPORT

- Call or meet up with a friend who 'gets it'
- Take a break from the friends who are causing stress.
- Talk to a parent or mentor
- Seek out stories that you can relate to



BOUNDARIES

- Cleanse your social media feed
- Switch off for a while
- Say 'no' to a few things that are stressing you out



SELF-CARE

- Have a relaxing bath or shower
- Put on a face mask and relax
- Do something that you don't often make time for

