LISTENING WITH YOUR HEART

Some days stink. Not everything will go the way you want. You’ll get upset. When this happens, you can pause, take a few deep breaths, and practice listening with your heart. You can:

- **Name what you are feeling.** Whatever you feel is okay.
- **Listen to your body.** Notice the sensations you are having.
- **Pay attention to your self-talk.** Are the words supportive and understanding or mean and rude? Are you being a friend to yourself?
- **What do you need?** What can you say or do for yourself that would feel comforting and kind?

When we treat ourselves with the same kindness and understanding we’d give to someone we care for, we are practicing **self-compassion.**
I CAN BE A FRIEND TO MYSELF.
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