

SELF-COMPASSION

Pause



Training your neural circuitry to shift out of reactivity and cultivating the habit of relating to yourself with self-compassion can be done on the fly, within the span of a brief 10-30 second pause. **It can be done anywhere, anytime throughout your day:** as you sit down at your desk, when starting a meeting, or perhaps in the midst of responding to emails.

A self-compassion pause is composed of 3 deep breaths, combined with 3 specific thoughts that are connected to the 3 core elements of self-compassion (Mindfulness, Common Humanity, Kindness):



Breath 1 ~ Mindfulness

Recognize and honor your experience:
"This is hard right now."
"I'm feeling tense and anxious."

By mindfully naming the body sensations and emotions that are present, you create space to respond with greater clarity and creativity.



Breath 2 ~ Common Humanity

Frame the experience as human:
"I'm not alone."
"My colleagues are facing similar challenges."

Recognizing that you're not alone activates your sense of connection with others.



Breath 3 ~ Self-Kindness

Shift towards self-kindness and consider your options for further wise responding:
"May I be kind to myself as I face this challenge."
"What would be kind right now?"

Treating yourself with kindness and respect improves your capacity to respond flexibly and will ripple out into how you respond and help others.

