

Materials	None
Learning Outcome	Develop self-awareness by recognizing negative feelings about the self and practicing statements of self-compassion.

Description

Explain to the youth that self-compassion is a powerful tool used to improve well-being, self confidence, and resilience. Many people show compassion for others but struggle to apply this same kindness to themselves. Invite the youth to take a few moments throughout their day to pause and practice self-compassion. Explain that they can continue to do this exercise regularly and make it a habit to practice self-compassion whenever they feel an internal imbalance.

Ask the youth to notice when they are feeling stressed, overwhelmed, or having negative feelings about themselves throughout the day. When they do, ask them to pause and practice the following self-compassion strategies.

- When you find yourself stressed, overwhelmed, or having negative feelings about yourself, take a moment to pause. Reach up and touch your heart, or give yourself a hug if you are comfortable with that.
- Take a few deep breaths.
- Acknowledge that you are suffering and try to treat yourself with as much kindness as you would for a good friend or a child who was having a difficult time.
- Begin by making a statement acknowledging that you are suffering. Some examples are:
 - *This is suffering.*
 - *This is really painful/difficult right now.*
 - *Wow, I am really suffering right now!*
 - *Suffering is a part of being human.*
- Next make a statement of compassion that is appropriate for the situation. Some examples are:
 - *May I hold myself with compassion.*
 - *May I love and accept myself just as I am.*
 - *May I experience peace.*
 - *May I remember to treat myself with love and kindness.*
 - *May I open up to my experience just as it is.*
 - *May I forgive myself for my mistakes.*
- After pausing and practicing self-compassion, ask the youth to return to their daily activities, intentionally carrying an attitude of self-compassion and acceptance.

Emotional Well-Being Competencies



THINK

Develop cognitive skills and strategies that facilitate self-management, decision-making, and relationship skills.



FEEL

Develop affective skills and strategies that facilitate healthy and safe relationships with themselves, with others, and with their environment.



ACT

Practice behaviour skills and strategies that facilitate responsible decision-making, self-awareness, and social-awareness.



Reflection Questions

Reflection is important to support learning for emotional well-being. Consider asking the youth the reflection questions below and discuss the answers together.

- *Why do you think self-compassion is so hard for some individuals?*
- *How did you feel after you took a moment to pause and practice self-compassion?*