

Kind Hand + Open Heart = Self-Compassion 101

Caring for yourself, as you would a friend

Self-compassion is a life-long survival skill – one that is never too late to learn!

Author and educator Rachel Simmons is on a mission to show how it's done.

Sometimes she invites assemblies of high school kids to place their hands on their hearts: "Feel the pressure and warmth of a kind hand."

Go ahead: Try it yourself. (Or place a hand on your cheek, or arm.)

This simple exercise moves many to tears. Simmons explains: "They'd never thought to approach their own setbacks with gentleness."

TAKEAWAY LESSON

The next time you mess up, think about how you would respond to a friend. Without hesitation, extend the same compassion, kindness and care to yourself!

Create a go-to collection of your favorite things

Gather together a few treasures – comfort items – to have on hand when you need a lift. Some ideas: Photos or souvenirs from your happy place. Letters from awesome people. A favorite sweatshirt. Inspirational quotes. A sachet of tea. You get the idea!

**INCLUDE THE SUPPORT NETWORK YOU CREATED
IN CHAPTER 1**

You may also want to create a digital space with meaningful photos, movies and songs.

**FOR WAYS TO TAKE IN THE GOOD EVERYDAY
AND WHY IT'S IMPORTANT, SEE CHAPTER 4**

Make Your Own Emotional First Aid Kit