

SELF-COMPASSION IN DAILY LIFE

The goal of the MSC program is to be mindful and self-compassionate in daily life. That means to (1) know when you're under stress or suffering (*mindfulness*) and (2) to respond with care and kindness (*self-compassion*). The simplest approach is to discover how you *already* care for yourself, and then remind yourself to do those things when your life becomes difficult.

Physically – soften the body

How do you care for yourself physically (e.g., exercise, massage, warm bath, cup of tea)?

Can you think of new ways to release the tension and stress that builds up in your body?

Mentally – reduce agitation

How do you care for your mind, especially when you're under stress (e.g., meditation, watch a funny movie, read an inspiring book)?

Is there a new strategy you'd like to try to let your thoughts come and go more easily?

Emotionally– soothe and comfort yourself

How do you care for yourself emotionally (pet the dog, journal, cook)?

Is there something new you'd like to try?

Relationally– connect with others

How or when do you relate to others that brings you genuine happiness (e.g., meet with friends, send a birthday card, play a game)?

Is there any way that you'd like to enrich these connections?

Spiritually – commit to your values

What do you do to care for yourself spiritually (pray, walk in the woods, help others)?

If you've been neglecting your spiritual side, is there anything you'd like to remember to do?
