

COPING IN STRESSFUL
TIMES:

KINDNESS & COMPASSION

Feeling compassion for yourself
opens you up to feeling compassion
for all people

CPOP

CLINICAL
PSYCHOLOGY
OUTREACH
PROGRAM

*Got Your
Back!*

Speaking with Self-Compassion

Ask yourself: *What is going on?*

"This is a moment of suffering"

"This is really hard right now"

You can **acknowledge** and **name it**.

Suffering is a part of life, common across
humanity. "It is normal to feel this way in this
situation, many people are going through this."

How would you **treat a friend**?

"I am here for you"

"I care about you"

"I wish you well and to be free from suffering"



Tip: Practice saying

*"You deserve kindness, you
are valued and valuable,
you have a unique role on
this planet, you deserve to
believe in yourself."*

Acting with Self-Compassion

Write a letter to yourself

Write a letter, address it to yourself.

Think of an imaginary friend who is unconditionally loving, accepting, kind, and compassionate.

Write out how this person feels about you exactly as you are with all of your strengths and imperfections.

Use words in the letter like acceptance, health, happiness and other words listed here.

Feeling compassion for yourself opens you up to feeling compassion for all people.



comfort
kindness
understanding
caring
warmth
worth
value

Supportive touch

Touch activates the relaxation response that helps us to calm down and to feel safe.

Physical touch releases oxytocin, calms our body, soothes our emotions, and provides a sense of security.



IDEAS:

Crossing arms and rubbing your upper arms with your open palms.

Cupping one hand in the other, hold them on your lap.

Stroke your cheek with your fingers.

Petting your cat, bird, lizard, or dog.



Hand-on-heart exercise



Place your hand on the middle of your chest, sideways, just below your collarbone.

Feel the warmth of your hand on your chest.

Press your hand on your chest, feel the gentle pressure.

Notice how it feels like a gentle hug.

Take a deep inhale, filling your lungs, take a deep exhale, empty your lungs.

Take 10 deep, slow breaths with your hand on your chest.

5 finger breathing exercise

Hold one hand up in front of you with your fingers stretched out. Use the index finger of your other hand to trace your fingers up one side and down the other side.

With each stroke up your finger, take a deep breath in.

With each stroke down your finger, take a deep exhale out. Move your index finger up and down each finger and thumb, so you are taking 5 breaths.

Take a moment to check in with how you are feeling if you feel calmer then stop. But, if you are still feeling stress in your body, then do the 5 finger exercise again.



Soles of feet exercise



With both feet flat on the floor, move your toes, feeling the texture of your socks around your toes, around your feet, and around your heel. Feel the pressure of your shoes across the bottom of your arch, on your heels, and on the top of your feet.

Stay with this noticing until your body and mind calm.

Online Resources:

ANXIETY CANADA
WWW.ANXIETYCANADA.COM

CENTER FOR MINDFUL SELF-COMPASSION
WWW.CENTERFORMSC.COM

SELF-COMPASSION.ORG
WWW.SELFCOMPASSION.ORG

Community Resources:

Kids Help Phone (1-800-668-6868)
www.kidshelpphone.ca

TALK line (613-544-1771)
www.telephoneaidlinekingston.com

Maltby Centre (613-546-8535)
www.maltbycentre.ca