1. Tune into your self-talk. What is the tone: critical or supportive? Circle the number that most reflects where you fall on the spectrum of 1=extremely critical and 10 = supportive, like a good friend to yourself.

   1 2 3 4 5 6 7 8 9 10

2. What would raise that number? How can you be a better friend to yourself?

3. Can you incorporate the supportive touch into your daily routine? Find the one that best suits you and try it this week. (Examples: cupping hands, stroking arms, hand on heart). Does it bring you a sense of calm?

4. Start a journal. Writing your thoughts is a great way to express your feelings and process them in a way that can help you clear your mind, reduce stress, and it offers the opportunity for you to cultivate a more loving inner voice. Give it a try.

5. Take a break! When you are feeling exceptionally stressed or overwhelmed take a few moments to breathe and note the following:

   - Recognize this is a moment of suffering. How do you feel?
   - It is common to experience suffering in life.
   - Think of those who may feel the same way.
   - Ask yourself: What do I need right now?
   - Trust that you will find a way to get through whatever you are experiencing.

For more tips, exercises, and meditations visit www.self-compassion.org. If you have any questions or would like more information, please feel free to contact me.

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