

Offering Compassion to Yourself

Be gentle

FIRST AND FOREMOST

When you're experiencing grief, please be gentle with yourself. People generally default to being harsh with or critical of themselves regardless of the circumstances, so recognize that offering yourself compassion may seem foreign.

Soothe the heart

VALIDATE

Hold your hands over your heart and silently say, "I'm very sorry you are hurting. Loss is so hard and sad." Simply labeling a situation and the feelings related to it can lessen the sting.

Curate good self-talk

BEFRIEND (YOURSELF)

Talk to yourself as you would to a dear friend or a child experiencing suffering. As you begin to relate to yourself this way, perhaps recite Rumi's wisdom for some comfort: "The wound is the place where the Light enters you."

Allow feelings to flow

OBSERVE

Remind yourself that most feelings last 90 seconds and then shift in some way chemically. They don't disappear of course, but observing where they move/land in the body can facilitate healing.

Acknowledge your needs

RECEIVE

Apply one of Brené Brown's coaching tools by asking yourself, "What does support [for me] look like right now?" Since the Mind tends to override what the heart needs, it's important to do honest emotional check-ins... and reach out for support if needed.