A moment of self-compassion can change your entire day.
A string of such moments can change the course of your life.
-Christopher K. Germer

MINDFUL MINUTE EXERCISES
Quick and easy practices.

Self-Compassion—Be Kind to Yourself
Take a moment to reflect on these statements.
We are as caring toward ourselves as we are toward others.
Recognize our common humanity and shared human experiences, our connection to others.
Being open to the reality of the present moment, acknowledge our suffering without exaggerating it.
Other self-compassion exercises. READ More...

SELF-CARE RESOURCES
How Self-Compassionate Are You?
Practicing self-compassion can aid it all levels of your health. You may need to look inside to see how self-compassionate you are already. Take the test to find out. READ More....

GOOD READS
The Transformative Effects of Mindful Self-Compassion
When we are mindful of our struggles, and respond to ourselves with compassion, kindness, and support in times of difficulty, things start to change. READ More...