

Be kind to yourself

Fill your own cup.

**When you are kind to yourself,
you will be more kind to others.**

1. Fulfill your basic needs

Make sure your basic needs are fulfilled: nourishing food, drinking enough water, exercise and getting enough sleep.

2. Pay attention to your thoughts and words.

Do you have kind thoughts about yourself? Do you speak kindly about yourself? Take the time to always reframe what you think and say into something more positive, supportive, and true.

3. Feel your feelings.

Feel it to heal it. Experience your emotions without judging them. Feel the feeling without telling a story about it.

4. Meditate – Pray.

Take time to be quiet. Find peace within.

5. Go into nature.

Renew yourself by enjoying the beauties of nature.

6. Listen to uplifting music.

Enjoy your favorite music.

7. Learn to see things differently.

Instead of beating yourself up for your mistakes, just observe them and learn from them. Look for the good in challenging situations.

8. Stop should-ing on yourself.

Stop focusing on what you should or shouldn't have done. Self criticism keeps you from listening to your heart.