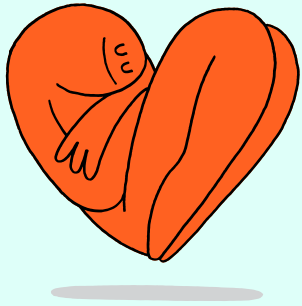


Be Your Own BFF | Self-Compassion



SELF-COMPASSION IS ABOUT TREATING YOURSELF AS YOU WOULD TREAT A BFF OR A LOVED ONE. THINK ABOUT HOW YOU WOULD SUPPORT A CLOSE FRIEND THROUGH THE GOOD TIMES AND THROUGH CHALLENGES. SELF-COMPASSION INVOLVES TREATING YOURSELF WITH THIS SAME LEVEL OF RESPECT, LOVE, KINDNESS AND CARE. THIS POWERFUL SOURCE OF INNER STRENGTH IS LINKED TO WELL-BEING, RESILIENCE AND PRODUCTIVITY.

NOT SURE WHERE TO BEGIN? STRETCH YOUR ARMS WIDE. CROSS YOUR HANDS TO OPPOSITE SHOULDERS. SQUEEZE! WE COULD ALL BENEFIT FROM A LITTLE SELF-LOVE.

Discussion Questions

1. How do you show yourself compassion and kindness each day?

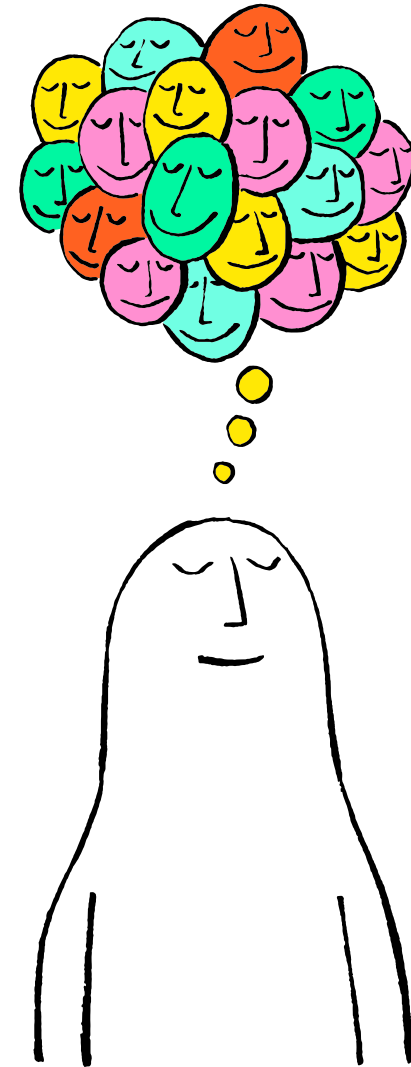
2. When you are kind to yourself, what does this feel like inside your body?

3. Identify a moment in your life when you were unkind to yourself. How could you be kinder to yourself in those moments of self-doubt?

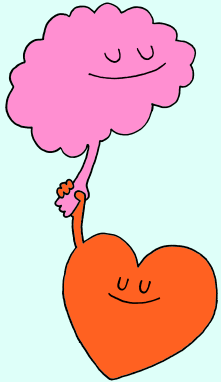
Take Action

1. Experiencing short moments of self-doubt or insecurity is completely normal. The next time you notice self-criticism, ask yourself: "Is there a kinder response?" This practice can help to retrain your brain to respond with compassion.

2. Take out a pen (or a coloured marker) and a piece of paper. Take a few moments to write kind words or short letters to each person in your family. Share these notes with each other and notice how compassionate words from loved ones make you feel on the inside. Do these kind words inspire you to treat yourself with more compassion?



Be Your Own BFF | Self-Care



SELF-CARE IS AN ACTIVITY THAT YOU DO TO TAKE CARE OF YOUR MENTAL, EMOTIONAL AND PHYSICAL WELL-BEING. IN FACT, SCIENCE HAS SHOWN THAT PRACTISING SELF-CARE SKILLS ON A REGULAR BASIS CAN ACTUALLY BUILD STRONGER NEURAL CONNECTIONS IN THE BRAIN.

THE MOST IMPORTANT THING TO REMEMBER IS THAT SELF-CARE CAN BE A TOOL TO UPLIFT YOUR MOOD WHEN YOU'RE FEELING LOW, OR IT CAN BE A WAY TO SUPPORT YOUR OWN WELL-BEING WHEN YOU'RE FEELING GREAT. SIMPLE ACTIONS TO CARE FOR YOURSELF CAN BECOME LIFELONG TOOLS TO SHOW YOURSELF SOME EXTRA LOVE EACH DAY.

Discussion Questions

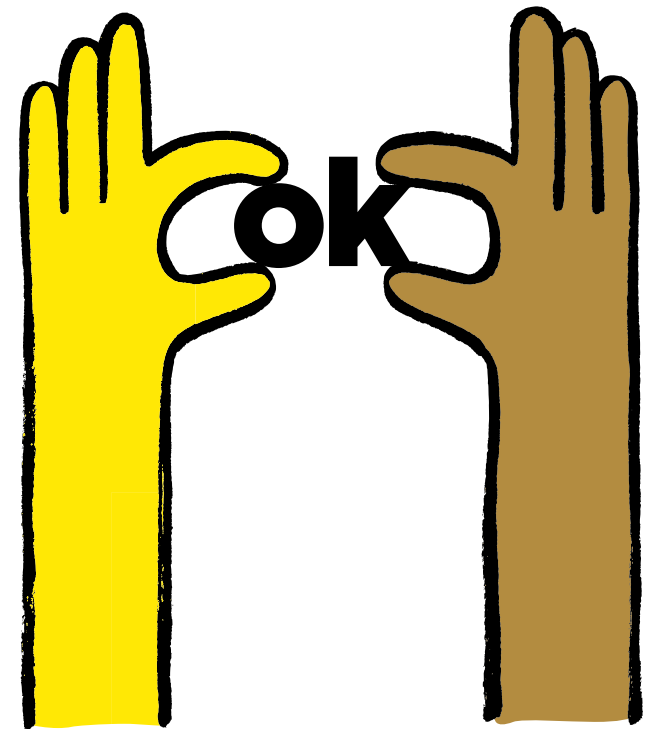
1. What are your favourite self-care activities?

2. What does self-care mean to you? How do you care for your own mental and physical well-being?

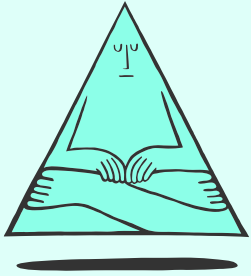
3. How does self-care improve your own well-being? What does this feel like in your body?

Take Action

As a family, discuss the ways in which you can each build self-care into your daily or weekly routine. Remember, it's important to take time for yourself in order to recharge your mind, body and soul.



Be Your Own BFF | Mindfulness



MINDFULNESS IS A MENTAL STATE ACHIEVED BY FOCUSING YOUR AWARENESS ON THE PRESENT MOMENT. IT CAN BE CHALLENGING TO STAY FOCUSED ON THE PRESENT WHEN THERE ARE GREAT TOOLS TO REMIND US OF THE PAST (E.G., PHOTOGRAPHS, VIDEOS, ETC.) AND DAY PLANNERS OR JOURNALS TO PLAN FOR THE FUTURE. CONSIDER TAKING A MOMENT FOR YOURSELF EACH DAY TO GROUND YOURSELF IN THE PRESENT. THIS WILL ALLOW YOU TO CHECK IN WITH YOURSELF AND TO NOTICE HOW YOUR BODY IS FEELING OR WHAT IT NEEDS AT THAT TIME.

Discussion Questions

1. What does mindfulness mean to you?

2. What do you do to focus on the present moment?

3. How can you become more mindful?

Take Action

Try this: find a comfortable place to sit, close your eyes and bring your awareness to your breath. As you breathe in and out, notice any sensations in your body or any thoughts that are trying to distract you from your breath.

