

## 10 Ways to Practise Self-Compassion

Self-compassion is the practice of treating yourself with the same kindness, patience, and understanding that you would offer to someone you care about. It involves recognising when you're finding things difficult, acknowledging that challenges are part of being human, and responding to yourself with gentleness rather than criticism.

Practising self-compassion can reduce stress, support emotional balance, and help you stay steady during busy or demanding times.

**Relationships Australia WA has created this guide to offer simple, practical ways to bring more self-compassion into your day, especially when life feels full or overwhelming.**

### **1. Drink water regularly.**

Build regular rest into your routine - not just sleep, but mental downtime. Even short breaks away from screens or tasks can restore focus and calm.

### **2. Pause and take a slow, deep breath.**

Be clear about your limits. Switch off work notifications after hours, take your lunch break away from your desk, and learn to say no when your plate is full. Protecting your time is protecting your health.

### **3. Step outside for fresh air.**

Talking to trusted people, colleagues, friends, or family, can help you put challenges into perspective. Connection reminds us we're not alone and that help is always available.

### **4. Move your body**

Physical activity doesn't have to be intense. Stretching, walking, or gentle exercise can help clear your mind, release tension and boost your mood.

### **5. Notice what is going well.**

Take time to reflect on how you're feeling emotionally and physically. Ask yourself: Am I coping well? Do I need extra support?

### **6. Create a self-compassion mantra.**

Choose a phrase you would say to a close friend who was struggling, and offer it to yourself.

### **7. Be aware of critical self-talk.**

When you notice harsh inner dialogue, gently replace it with kinder, more understanding words.

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### 8. Practise small acts of self-kindness.

This might be taking a break, saying no, or giving yourself permission to slow down.

### 9. Be patient with yourself.

Difficult moments are part of being human. Give yourself time and space to adjust.

### 10. Remember you're not alone.

Reach out to others when you need support—connection can make challenges feel lighter.

If you're feeling overwhelmed or finding it difficult to cope, don't wait to reach out for help. Speak with your manager, a trusted colleague, or access support through your Employee Assistance Program (EAP).

Seeking help early can make a real difference in your recovery and resilience. Talk with your manager, a trusted colleague, or access support through your **Employee Assistance Program (EAP)**.

For more information please visit [relationshipsaustralia.org.au](http://relationshipsaustralia.org.au) or call us on 1300 364 277.