

Self Compassion Exercises

Scott C. Dulebohn

[Self-Compassion Exercises | Stress & Development Lab](#) For those who work or plan to work in a caregiving profession or who care for children or family members - Taking care of the caregiver:

<https://self-compassion.org/exercise-8-taking-care-caregiver/> **15 Simple Self-Compassion Exercises To Try - Put The Kettle On**

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This guide offers practical, evidence-based exercises to help you develop self-compassion in your daily life. Whether you're new to these concepts or looking to deepen your existing practice, you'll find accessible tools to help you respond to life's challenges with ... [8 Powerful Self-Compassion Exercises & Worksheets \(+ PDF\)](#)

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Exercise 2: Self-Compassion Break Think of a situation in your life that is difficult, that is causing you stress. Call the situation to mind, and see if you can actually feel the stress and emotional discomfort in your body. Now, say to yourself: 1. This is a moment of suffering That's mindfulness. Other options include: This hurts. Ouch ... *10 Daily Self-Compassion Exercises for Superlative Self-Growth*

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