



Self-compassion exercise



Working in a care-giving profession or simply being a family member means there will be times when you will need to recharge and refresh to ensure you have enough energy available to share with others.

For some of us we need this each day, others less often. Either way it's important to allow yourself that time to recharge. Even recognising that we each have needs is a good starting point to boosting your wellbeing.

Practice the following;

1. Each day give yourself permission to meet your own needs.
2. Plan ahead and add in something you can do for yourself each day (stay small) and each week / month (think big).

Example

Stay small, set aside 10 minutes to listen to relaxing music, learn a yoga move to try out each day, chat to a friend, get up 5 minutes earlier or go to bed 5 minutes earlier.

Think big, book yourself an hour session at the LC2 spa £6, ask a friend to join you for a walk one day or book a lunch out/event. Join a book club or an exercise class you love and go to it once a month. Plan a new adventure!

Of course it's also important to consider your own needs whilst at work as well. Not everything can be left until 'home time'. If you're feeling stressed or over stretched try giving yourself positive words of support (for example "I know this is hard right now, its ok to feel overwhelmed").