



5 Simple Self-Compassion Exercises

Gentle practices for low-energy days



No pressure.

No timeline.

No need to do them perfectly or every day.

These are soft invitations — choose one when it feels kind, or none at all. Your gentleness toward yourself counts, even when it's small.

1. Hand-on-Heart Pause (30–60 seconds)

Place one or both hands over your heart. Feel the warmth of your own touch. Breathe slowly and say (aloud or silently): “This is a moment of suffering. Suffering is part of life. May I be kind to myself right now.” (You can shorten it to just “This hurts... and that’s okay. I’m allowed to be gentle with myself.”)

Why it helps: Physical touch + kind words signal safety to the nervous system.

2. “This Makes Sense” Affirmation (1–2 minutes)

When self-criticism starts (“I’m so lazy / broken / too much”), pause and try one of these:

- “This makes sense given everything I’ve carried.”
- “Of course I feel this way. Anyone would.”
- “I’m not failing — I’m human, and this is hard.”

Write or say whichever lands softest. Repeat 2–3 times.

Why it helps: Replaces judgment with understanding, which lowers shame without forcing positivity. [willfreemind.com](http://www.willfreemind.com)



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3. Two-Sentence Journaling Prompt (3–5 minutes)

Use one of these starters (pick whichever feels easiest today):

- “Right now I feel _____, and that feeling is allowed to exist because...”
- “The kindest thing I can say to myself in this moment is...”
- “If a friend I loved felt exactly like I do right now, I would tell them...”

Write 2–4 sentences. No need to “solve” anything — just let the words be.

Why it helps: Externalizing compassion creates distance from harsh inner voice.

4. “I Am Allowed” Affirmation Rotation (daily or as needed)

Choose one affirmation each morning or evening (rotate when it feels right):

- I am allowed to rest without earning it.
- I am allowed to feel this without fixing it immediately.
- I am allowed to take up space with my feelings.
- I am allowed to be a work in progress.
- I am allowed to protect my energy.
- I am allowed to not be okay today.

Say it once, write it once, or just read it slowly.

Why it helps: Repeats permission instead of demand, which feels safer for many trauma-aware nervous systems.



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5. Loving-Kindness Micro-Practice (1 minute)

Silently repeat these phrases toward yourself (change wording if needed):

May I feel safe. May I feel seen. May I be kind to myself in small ways today.

If it feels too much, shorten to just: "May I be kind to myself today."

Why it helps: Builds a tiny habit of goodwill toward yourself without requiring big emotional effort.

You don't have to do all five. One breath, one sentence, one hand on heart — that's enough. You're not behind. You're not failing. You're just here, doing what you can, and that matters.

With gentleness,

shruti

Guilt Free Mind