

# MINDFUL SELF COMPASSION

This 5 minute exercise can quiet the critical voice in your mind and offer you self-support in times of stress.

## RESPONSE TO LOVED ONE

Remember a time when a loved one was suffering or struggling. What did you say to that person? What tone of voice did you use?

## RESPONSE TO SELF

Think about a time when you were suffering or struggling. What did you say to yourself? What tone of voice did you use?

## GRATITUDE PRACTICE

Your critical voice is the negative narrative that likely was apparent in the last step. Take a moment to thank your critical voice. Your gratitude doesn't suggest the voice is right or acceptable - it just acknowledges that it exists.

## FLIP THE SCRIPT

Take a moment to offer yourself the same kindness and compassion that you offered your loved one in the first step.



**Student  
Well-Being**

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