



it starts
within



Be Kind To You

Even when the challenges of life get you down, it is important to have self-compassion.

Being kind to yourself means forgiving, accepting, and loving yourself when things get hard. It's noticing how you feel and treating yourself with the same understanding you'd give a good friend.

Here are some ways you can practice this skill:

Take a moment to notice your thoughts.

Are these thoughts having you feel the way you want to feel? Try to spot when you're being hard on yourself, and look at the situation in another way.

Remind yourself

that we are not perfect, and we can't control everything.

Speak kindly to yourself.

What would you say to a friend who was in the same situation?



LEARN MORE

PASS IT ON!

Caring for little ones is a hard job: self-compassion can help you be kinder to yourself and remember that you are doing your best. You can also give compassion to your child by supporting their social and emotional development.



Connecticut Office
of Early Childhood