

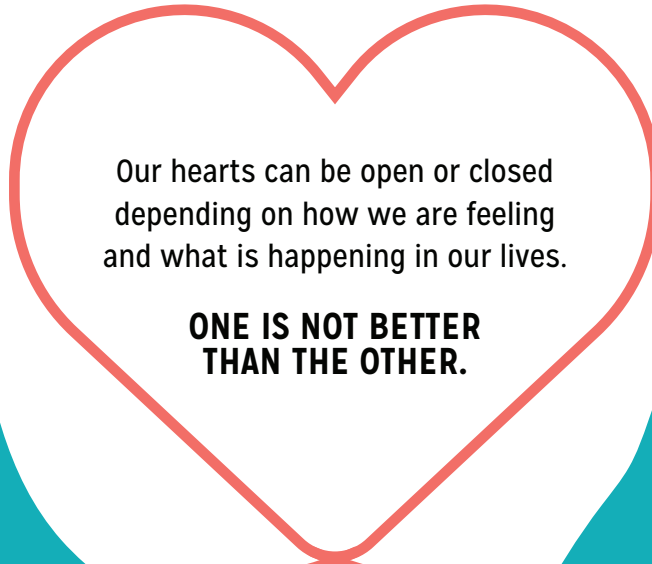
SAFETY IN Self-Compassion

TAKING CARE OF OURSELVES: OPENING AND CLOSING



Heart Open

WE ARE RECEPTIVE,
INTERESTED AND
ENGAGED.



Our hearts can be open or closed
depending on how we are feeling
and what is happening in our lives.

**ONE IS NOT BETTER
THAN THE OTHER.**



Heart Closed

WE ARE BORED,
CRANKY, AND
CHECKED OUT.



Mindfulness

Paying attention, on purpose, to
this moment, with kindness
and acceptance.



Self-Compassion

Listen to if our hearts are open or
closed, and honour that boundary. Our
best learning is in the “challenge” zone.

Self-compassion encourages us to understand
our emotional boundaries, distinguishing between
states of safety, challenge, and overwhelm.

It's important to realize that persisting through
overwhelm doesn't equate to greater compassion. True
self-compassion involves continuous self-checks, adapting
our decisions according to what feels manageable and secure
in each moment. Remember, progress and learning thrive in the
challenge zone, not in a constant state of overwhelm.



kindful

PSYCHOLOGY