

# RESILIENCY

## Resiliency In The Moment: Self Compassion

“If compassion does not include yourself,  
it is incomplete.”

- Jack Cornfield

### How Stressed Are You Right Now?

1. Think about what is causing you stress:
  - What happened?
  - Why did it happen?
  - Why do you feel bad?
2. What would a friend say to you in this situation?
3. Now, treat yourself like your friend would!

We often treat others better than ourselves. This exercise can help you look at the situation objectively and practice self compassion.



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