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SCRIPT TO FACILITATE A SELF-COMPASSION BREAK

Find a spot to sit or stand, a place to take a few moments by yourself. Take a few deep breaths to clear your mind and to relax. Now you are ready to take a self-compassion break. Think of a situation in your life that is difficult, that is causing you stress. Call the situation to mind, what is going on, who said what, really bring the situation to life in your mind's eye. See if you can actually feel the stress and emotional discomfort in your body. You are going to say a series of phrases that are designed to help you to remember the components of self-compassion when we need it most.

The first phrase is:

1. ***“This is a moment of suffering.”*** Bringing mindful awareness to the fact that suffering is present. I invite you to find some language that speaks to you, it may be something like:
 - *This hurts.*
 - *This is really hard right now.*
 - *I am really struggling.*
 - *I am scared.*
 - *This is stressful.*

You are actually turning toward your difficulty right now and acknowledging it and naming it. This is a moment of suffering.

The second phrase is:

2. ***“Suffering is a part of life.”*** This phrase is reminding ourselves of our common humanity. Suffering is a part of life. I invite you again to find language that speaks to you, it may be something like:
 - *Other people feel this way, different degree and expressions of suffering but we all do suffer.*
 - *It is natural to suffer; it is a part of living.*
 - *It is not abnormal to feel this way.*
 - *We all struggle in our lives.*
 - *I'm not alone.*



The third phrase is

3. “*May I be kind to myself.*” To support this phrase, put your hands over your heart or some other place on your body that feels soothing and comforting. Feel the warmth of your hands and your gentle touch, let those feeling of care stream through your fingers into your being. I invite you to say, “*May I be kind to myself*”, or choose any language that supports that sense of kindness. Perhaps language you would use with a dear friend or a resident who is going through a very difficult situation. It may be something like:

- *I am here for you.*
- *You are not alone.*
- *I care about you.*
- *I love you.*

You can also ask yourself, “*What do I need to hear right now to express kindness to myself?*” Is there a phrase that speaks to you in your particular situation? It may be something like:

- *May I give myself the compassion that I need.*
- *May I learn to accept myself as I am.*
- *May I forgive myself.*
- *May I be strong.*
- *May I be patient.*

Take a few deep breathes letting go of the practice and notice how your body feels right now, allowing any sensations to be just as they are, allowing yourself to be just as you are in this moment of self-compassion and kindness. This practice can be used any time of day or night, and will help you remember to evoke the three aspects of self-compassion when you need it most. You can do this alone. You can facilitate a self-compassion break with your team as a supportive healing practise. You can use this to start or finish your day. It can also be offered as a part of a staff debriefing after a difficult work related situation.