

# Self-Compassion Promotes Total Health: **MIND, BODY AND SPIRIT**



## The Self-Compassion Break

1. Put your hands on your heart; pause and feel their warmth.
2. Take a deep breath.
3. Speak these words to yourself in a warm and caring tone:

*“This is a moment of suffering. Suffering is part of life. May I be kind to myself. May I give myself the compassion I need.”*

*A message from Spiritual Care Services (916) 688-6488 or (916) 688-6599.*