

Mindful Self-Compassion for Adults

GOAL: Experience the self-compassion that naturally exists within you & consider how you care for yourself each day.



Instructions:

1. Find a quiet place where you can sit, stand, or lie down, whichever is most comfortable.
2. Queue [the linked audio clip](#).
3. Close your eyes, or keep them open -- whichever you prefer.
4. Using your device's audio, follow along with the guided mindfulness exercise. You can read through the full script [here](#).
5. After completing this mindfulness exercise, consider when you might use this practice:
 - *Before class begins*
 - *During prep time*
 - *When you are feeling stressed*
 - *Before you attend a staff meeting*

Source:  Greater Good in Education
SCIENCE-BASED PRACTICES FOR KINDER, HAPPIER SCHOOLS

Related Research: [Evidence That This Activity Works](#)