

Self-Compassion Cards

When we practice self-compassion, we are able to show kindness towards ourselves even in difficult moments. We may need reminders to be gentle and supportive with ourselves. As you build this card, think about what you need to hear.

Materials

You will need:

- an unwanted playing card (or index card cut down to 2.5" x3.5")
- Collage materials: construction paper, scrapbook paper, and /or magazines for collaging
- glue sticks
- scissors
- pencil and pen
- Colored medium: markers, crayons, colored pencils, etc.
- mod podge or card protector sleeve (optional)

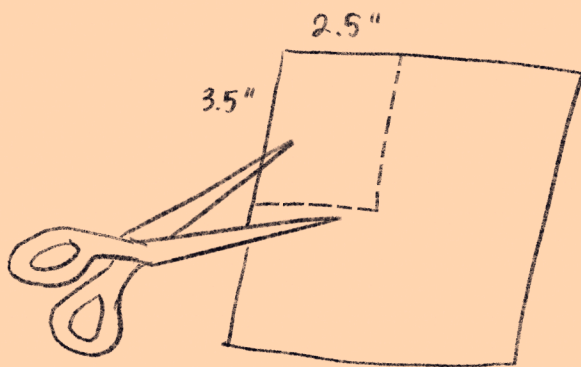
Directions:

1. Before you begin, take a couple of centering breaths. Think about an affirming, encouraging, and /or motivating statement that you need to hear (or tell yourself more often). Think about images that go along with this statement. If you have trouble coming up with something, pause, and imagine what you might tell a good friend in your situation. Then switch from “you” to “I” to make it an affirmation for you.



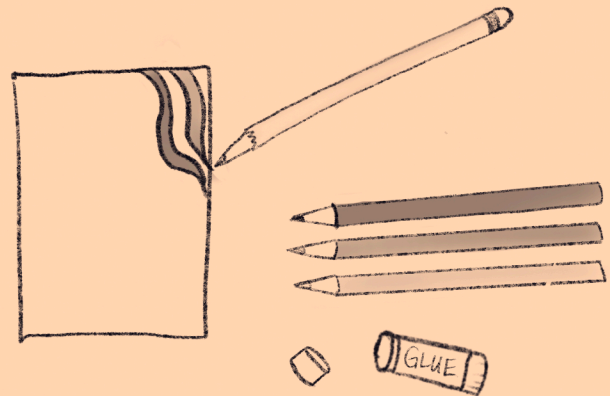
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Directions (continued)



3. Continue decorating your card using collage technique - layering photo imagery from magazines, drawing your own illustrations, creating a decorative border, etc.

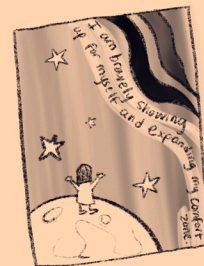
2. Cut a piece of construction paper or scrapbook paper the size of your playing card and glue it to the front of the card.



4. Somewhere on the card write out your self-compassion statement.



5. You can use mod podge or place your card in a card protector sleeve to keep in intact longer



6. Carry this card in your wallet as a daily reminder and/or place near your desk or nightstand.

