

EXERCISE:

Making a compassionate flashcard



Calming/ grounding image	
Compassionate attention	<div>Focus on memories of times I've coped</div> <div>Notice surroundings / colour</div> <div>Image of a wise face</div> <div>Focus on feelings of courage in my body</div> <div>.....</div> <div>.....</div>
Compassionate thinking	<div>Brains are tricky</div> <div>This too shall pass</div> <div>You've got this</div> <div>Anxiety usually peaks then calms in 5 mins</div> <div>It's not my fault</div> <div>.....</div> <div>.....</div>
Compassionate behaviour	<div>2 mins breathing app</div> <div>Slow down</div> <div>Smell my lavender oil</div> <div>What would my compassionate self do?</div> <div>Listen to music</div> <div>.....</div> <div>.....</div>