

Self-Compassion Bowl Ideas

Loving kindness meditation focused on you	Take a walk in nature	Sit quietly with a drink. Just sit	Do some exercise
Get out in the garden	Give someone close to you a hug. It's good for both of you	Dance	Close your eyes and listen to your favourite piece of music
Put your phone on do not disturb today	Go to bed 1 hour earlier	Do some yoga or simple stretching	Eat a healthy snack
Stroke your dog or cat	Mindfully declutter a draw, cupboard or room	Get up 30 minutes earlier and meditate	Paint or draw
Journal your thoughts	Meet up with a friend for a drink and a chat	Give a gift to someone else - giving benefits both parties	Sit and do absolutely nothing for 15 minutes. Just Sitting
Say "no" to doing something that will overstretch you	Read a good book	Try some creative writing or poetry	Take a warm bath
Take a nap	Watch a comedy - laughter is good for you	Write down 3 things about your life you're grateful for	Repeat to yourself "I am Enough"