

# 7 ways to be more kind to your mind

## 7 ways \* To Be MORE KIND TO YOUR MIND

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MONDAY



wake up, look in the mirror & say out loud 3 things you are PROUD of yourself for doing, achieving or overcoming; & if you find that challenging, simply remind yourself that you have faced challenge before, you survived & you're doing great.

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Tuesday



choose to forgive yourself for still being in the "process"; instead of saying "I can't do this", remind yourself that you are still learning, still growing, still capable of being able to do it one day. Growth is a process, it takes time.

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Wednesday



say no to something that you know you don't have the time or energy for today; saying no today will create space for you to rest & recharge so that you can say yes to more tomorrow.

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THURSDAY



take a moment to just stop. Stop and breathe. Breathe in, pause; breathe out. In the silence listen closely to what your body is telling you - what do you need more of today?

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FRIDAY



check in with your feelings. What are you feeling today? Why are you feeling this way? What do you need right now to support yourself & these feelings?

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SATURDAY



make space for you today. Do something simple that brings you gentle joy, like sitting in the sunshine, reading a book or going for a walk. Be comfortable in your own company, in the softness of the silence; be present with yourself in the joy.

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SUNDAY



write a list of everything & everyone that you are grateful for at the end of the week. Read back your list; be present with just how much you have in this moment of your life, however big or small, grand or simple - you have something to be grateful for.

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Your turn: 7 ways to be more kind to your mind

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Made by you