

# Practicing Emotional Mindfulness and Self-Compassion

**Emotional Mindfulness** is a way of paying attention to ourselves and our emotions. We can be mindful when we are happy and peaceful or when we are having a hard time with our emotions.

When you are feeling happy, you can be mindful by paying attention to your happy and peaceful feelings and calm body. Notice how your body and mind feel when they are calm. What do you think about when you are happy and calm? Remember how this feels.



**When you are having a hard time with your emotions** (for example, you are feeling angry, sad, frustrated or anxious):

**Before you react, stop and notice that you are having a hard time.**

Our bodies remind us that we are having a hard time emotionally. You might have tears in your eyes or feel hot with anger or have a sick feeling in your stomach.



**Don't judge yourself or become frustrated with yourself.**

Just notice that this is a difficult moment for you.

**If you need to, take time to calm yourself and your body.**

Remember how it feels to be happy and peaceful.

Try deep breathing or another calm down method (calmly take a breath, hold your breath for a count of 3, let your breath out as slowly as you can..do this until you feel more calm).

**Then, practice Self-Compassion.** Don't overreact or become angry at yourself. Tell yourself that it's ok to have a difficult time. Everybody does! You are not alone.

