

**SELF-COMPASSION EXERCISE**

COVID-19 is unlike anything we’ve experienced, and this is probably not what you thought your spring season would be like. Your personal and professional lives look different now, and balancing new priorities while taking care of yourself can be overwhelming. As Tri Deltas, let’s join together, be kind to our minds and show ourselves and others some Delta Love. One place to start is by reflecting on this self-compassion exercise.

### Activity:

1. Think about a time when you experienced a loss, rejection or a challenge.

What did you say to yourself as you went through this situation?

*Notes:*

1. Think about a time went a friend went through a similar situation.

What did you say to your friend?

*Notes:*

1. Did you notice a difference?

Often times, we are more critical of ourselves than others and place blame on ourselves.

*Notes:*

Self-compassion is a cornerstone of mental health and plays a critical role in how we are able to be kinder to ourselves during difficult moments in life.