

My Kindness Plan

*Going through times like we are, we can have both good days and not-so-good days
Being kind to ourselves can help, both us and those around us.*

*Let's do a Kindness Plan for ourselves:
we put it together on a good day, so we are prepared on the not-so-good days.*

Hey you! Let's pause, relax and refocus:

Write some reminders of what helps you pause in the moment & be in the now:

E.g., Breathing / relaxation; listening to music, having a chat with someone, pray, going for a walk

Although today might not be as you had hoped, let's remind you about you:

Write some kind and caring words and ways you can show yourself

E.g., Saying one or more kind words to yourself, catch yourself being self-critical, and say something kinder to yourself; repeat the kind words of others, be in the moment, the now - often when using negative self-talk, we can get lost in our thoughts and feeling.

Remember, these are some things you enjoy and find comfort in...

Choose something that will help you be in your day

Write some activities you can choose from to help you get back into your day

E.g., Listen to music, take my lunch break, staying in the moment, avoid too much caffeine, go for a walk, keep warm, well lit room, chatting with others, prayer, collaborating with others, remember to breathe, watch my thoughts, have a schedule, connect with God.

Remember, there are others I can reach out to when I need to

Write names and contact details of those you can contact

E.g., friends, pastoral care, other supports

What can I do when someone I know is not having a not-so-good-day

How can I offer kindness, encouragement & support to others?