OSHER CENTER FOR INTEGRATIVE HEALTH

WHAT CAN YOU CONTROL RIGHT NOW?
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WHAT IS MEANINGFUL TO YOU AS YOU ENGAGE WITH YOUR DAY?
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HOW CAN YOU LIVE YOUR CORE VALUES TODAY?
WHAT’S GONE WELL TODAY?
MADE A MISTAKE OR HAVE HAD DIFFICULTY RECENTLY?

1. Notice when you are being self-critical.

2. Make an active effort to soften the self-critical voice.

3. Ask yourself how a compassionate friend might respond to you.
S : Stop.

T : Take a few breaths.

O : Observe your experience. How are you feeling?

P : Proceed with awareness. What's helpful?
R: Recognize your feelings. Name it to tame it.

A: Allow yourself to feel. It’s human.

I: Investigate in the body. Feel it to heal it.

N: Nurture. Offer yourself a warm touch or some words of support.