

NAMI Homefront Mental Health Resources

for Military Service Members, Veterans and Their Families

Being Kind to Ourselves

Self-compassion is being kind and caring towards ourselves. It can be easy to judge ourselves harshly when something goes wrong, when we feel stressed or try something that doesn't work out. Instead of judging, we can give ourselves the same kind understanding that we would give to someone who is having a hard time.

Remember that everyone goes through tough times — it's part of life.

- You're not the only person who has ever made a mistake
- You're not the only person who has a bad day
- You're not alone in your struggle
- Recognize and acknowledge pain, but don't exaggerate it.
- Pay attention to feelings and allow yourself to feel them, but don't get carried away by creating a story that's more negative than the reality
- After considering your feelings, give yourself the time and space to recognize your strengths and positive qualities
- Remember the pain you feel today will not last forever

We can show ourselves self-compassion and kindness in many ways, such as:

- Relaxing with a cup of coffee or tea
- Snuggling with a pet
- Reading
- Using nice hand lotion
- Drawing, doodling or coloring
- Enjoying a sunset
- Taking a hot bath or shower
- Talking with friends
- Going for a walk
- Listening to music

What are some things I can do to be kind to myself?