



“When we’re kind to ourselves, clearly seeing ourselves as part of a larger, interconnected whole, we feel valuable, safe, accepted and secure.” (Neff, 2011, pg.6)

Term break is often a time that you might have a lot of different ideas and plans for what it means for you. There might a critical voice that sneaks in (or yells) that you are not doing enough, you “should” be doing something else, or you “have” to spend your term break in a specific way. What might be more useful is to create space for having self-compassion. Here are some general starting points and question to help you begin the journey towards self-compassion.

- Adopt a nonjudgmental perspective of gentle curiosity of yourself, including of your thoughts, feelings and behaviours. Think about how you talk to yourself internally.
What kind of words or statements do you use? How do these make you feel? How different is it from how you talk to or about your loved ones?
- Considering your values and hopes for the reading break. What is important for you to complete? Perhaps it’s a balance of both relaxing and recharging, as well as creating some space for academics or needing to focus on work or volunteering.
- Observe the statements, thoughts or ideas that arise for you throughout the day.

Neff, K. (2011). Self-compassion, self-esteem, and well-being. *Social and Personality Psychology Compass*, 5(1), 1-12. doi: 10.1111/j.1751-9004.2010..00330.x