

# Cultivating Self-Compassion: Your Guide to Genuine Positivity

## Key Takeaways

### Self-compassion strategies to cultivate genuine positivity



#### S.A.F.E. Technique

Disengage from habitual reactions while promoting mindfulness acceptance of emotions, genuine needs & shared human struggles

**SOFTEN** into the feeling by focusing on your breath

**ALLOW** the emotion to be as it is, without resisting it

**FEEL** into the emotion with a kindness & attention

**EXPAND** your awareness & know that all people struggle with difficult emotions



#### A Supportive Touch

Harness the power of your care system whenever needed to cultivate a profound sense of security & self-soothing

Look for a kind of physical touch that supports you

By placing one or two hands on your body in a warm, gentle, supportive way, you can create a sense of security and soothe yourself



#### I'm My Friend

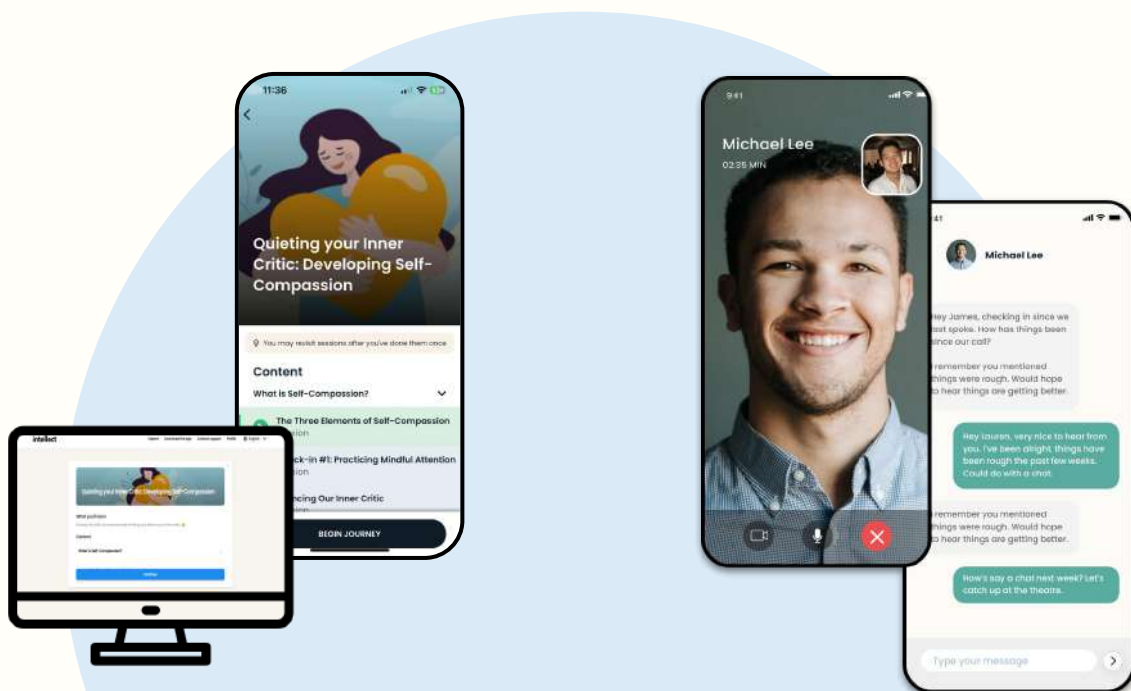
Observe & challenge negative thoughts objectively, allowing one to reduce self-judgment & foster a healthier relationship with their thoughts & emotions

When catching yourself engaging in toxic positivity or unhelpful comparison try to create distance and perspective, allowing you to observe and challenge these negative thoughts objectively

Helps to reduce self-judgment, enhance self-compassion, and foster a healthier relationship with your own thoughts and emotions

# From Insight to Action: Put Your Skills to Work Today!

Start cultivating self-compassion through **immersive self-guided learning modules** complemented by **personalised 1:1 coaching support**



## Developing Self-Compassion Learning Path

Structured journey designed to equip you with the knowledge and skills needed to cultivate a more compassionate and understanding relationship with yourself

## 1:1 Coaching

Discuss with your coach on incorporating mindfulness practices into your physical activities

Take charge of your mental health today!

Go on Intellect Web (<https://app.intellect.co>) or download the Intellect app now and embark on a journey of personal wellbeing.

