

# THE POWER OF SELF-COMPASSION

Support Yourself in Difficult Moments

## Why Self-Compassion Matters

Navigating cancer or chronic illness is hard. Self-compassion helps you face tough moments with kindness, not criticism, boosting emotional strength and well-being.

## Self-Care vs. Self-Compassion

Rooted in activity or behavior	Rooted in moment-to-moment awareness
External actions	Internal dialogue
Planned rituals	Spontaneous practice
Restorative but not always present	Available even in distress

## Simple Tools to Use Anytime

- ♡ Acknowledge the Struggle: Remind yourself, "This is hard, and I am not alone."
- ♡ Speak Kindly: Notice your inner voice. Choose gentleness over kindness.
- ♡ Supportive Touch: Hand over heart + phrases like, "I'm doing my best."
- ♡ Celebrate Small Wins: List 3 things you accomplished today - big or small.
- ♡ Treat Yourself Like a Friend: Would you say this to someone you love?
- ♡ Just Practice: There's no finish line - only practice and progress.

You can hold yourself accountable and be kind. Compassion fuels growth ... without the guilt.



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