Compassionate Self Check-in

Life moves at such a fast pace, and living with grief can sometimes make us feel as though we are trying to keep up the same pace, but we are having to move through molasses. This can wear us down - body, mind, and heart.

In times like this, it's important to come back to ourselves and do a compassionate check-in. Ask yourself the questions to the side, or allow yourself to just write free flowing to find what feels right for you. The more of a habit we make a practice like this, the more we can care for ourselves in the midst of struggle and change.



What thoughts are present for me right now?

How are they helping or hindering my

experience?

Putting my hands over my heart, what is my heart telling me? What can I do to care for it?

Settling into my body, where am I feeling discomfort? What do I need to help me with this?

"I am worthy of the time it takes to do the things that heal my heart." - Morgan Harper Nichols

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