

# HELPING TO RESET A TIRED BRAIN

## HOW YOU TALK TO YOURSELF MATTERS!

Many times we can turn out to be our worst enemies, being much harsher critics than anyone else in our lives may be. Difficult life experiences such as grief can sometimes bring out the worst in us as we try to hurry our process and "get over it" faster.

But it doesn't seem to work, does it?

Let's take time to re-frame some common thought patterns that can make us feel "stuck" so we can practice building self-compassion in times of struggle.

Please keep in mind that these re-frames have to sit right with you. If they don't, it's one more thing you are judging yourself for. Take time to figure out what feels right for you.

**WHAT WE DON'T NEED IN THE MIDST OF STRUGGLE IS SHAME FOR BEING HUMAN.**  
**-BRENE BROWN**

"THIS IS TOO MUCH. I CAN'T DO IT."



"WHAT DO I NEED RIGHT NOW TO HELP?"



"WILL THIS EVER END?"

"HOW CAN I GIVE MYSELF A BREAK FROM THE TOUGH STUFF FOR A LITTLE WHILE?"



"WHY CAN'T I HANDLE THIS?"



"I'M DOING MY BEST. EVERYDAY MY BEST WILL LOOK DIFFERENT, AND THAT'S OK."



"WHY CAN'T I JUST BE GRATEFUL. OTHER PEOPLE HAVE IT WORSE THAN ME."

"MY GRIEF IS UNIQUE TO ME. I CAN BE GRATEFUL AND HURTING ALL AT THE SAME TIME."



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## NOW IT'S YOUR TURN!

It may feel strange to "practice" this here, but the more mindful and intentional we are about the practice of self-compassion, the more it will stick in our hearts and minds.

No one else has to see this, or maybe you choose to use your own journal or pad of paper for this. It's nice to have these written reminders of compassion when we find ourselves struggling.

So take some time when your heart feels full to write down some things you know you struggle with. It's like a love letter to yourself and your grief journey. Trust me, you deserve it!

**YOUR INNER CRITIC IS SIMPLY A PART  
OF YOU THAT NEEDS MORE SELF-LOVE.**

**-AMY LEIGH MERCREE**

