

Self-Compassion Skills

1. Mindfulness / Refocus on the present moment without judgement

Your brain loves to time travel. Use your five senses to bring yourself back to the present moment.

Either focus strongly on one sense (such as closing eyes and listening to music or touching something soft) or try the 5-4-3-2-1 with your five senses:

- Name **5** things you see
- Name **4** things you feel (move your hands around)
- Name **3** things you hear
- Name **2** things you smell
- Name **1** thing you taste

Try this 5-minute Self-Compassion Meditation

<https://www.youtube.com/watch?v=KAuBXTTaXVU>

2.

Remind yourself that you are human and being non-productive is okay and necessarily

Constant productive behaviors will lead to burn out. You are more efficient when you make sure to prioritize non-productive time. This can include doing something fun, talking with friends, playing a game, and many more.

3.

Speak to yourself like you would to a friend

“Would I say this to a friend?”

Want more skills?

Check out our Workshops, including Emotion Regulation Toolbox

<https://www.umaryland.edu/counseling/prevention-and-outreach-workshops/>

Interested in the Student Counseling Center or additional resources / events, check out the SCC website: <https://www.umaryland.edu/counseling/>