


# Self-Compassion

**THIS WEEK'S NOOK ACTIVITY IS  
HERE!**



Stop by the OHP to pick up a poem  
template and fill out your own self-  
compassion poem!

Let it inspire you and remind you to  
think about yourself a little more.

**\*Find out how YOU can win a limited edition stress toy!**



**HEALTH  
PROMOTION**

# Self-Compassion



What it is and how you can get started with your own practice!

Includes information, a self-compassion poem template, and resources for further exploration.



# What is self-compassion?

1.

Being kind to yourself instead of being judgmental.

2.

Keeping in mind the shared human experience rather than seeing yourself as completely isolated.

3.

Being mindful and accepting of your emotions, both positive and negative.

*"When we are mindful of our struggles, and respond to ourselves with compassion, kindness, and support in times of difficulty, things start to change."*

Scan here to learn more!



# Let's get started!

- Find a nice, comfortable space where you can sit down and reflect for a moment.
- Read through the template and start generating ideas for your poem.
- Don't think too hard! Let your words be authentic and come from your heart.
- Send an email to [healthpromotion@carleton.edu](mailto:healthpromotion@carleton.edu) with ONE way you will practice self-compassion TODAY for a chance to win a limited edition stress toy!

Scan here for helpful self-compassion  
guided practices and exercises!



# "I Am" Poem

I am \_\_\_\_\_  
(two special characteristics)

I wonder \_\_\_\_\_  
(something you are curious about)

I hear \_\_\_\_\_  
(an imaginary sound)

I see \_\_\_\_\_  
(an imaginary sight)

I want \_\_\_\_\_  
(a desire you have)

I feel \_\_\_\_\_  
(a feeling about something imaginary)

I worry \_\_\_\_\_  
(something that bothers you)

I understand \_\_\_\_\_  
(something you know is true)

I dream \_\_\_\_\_  
(something you dream about)

I try \_\_\_\_\_  
(something you make an effort on)

I hope \_\_\_\_\_  
(something you hope for)

I am \_\_\_\_\_  
(the first line of the poem repeated)



# HEALTH PROMOTION

## Connect with OHP!

### *Social Media*



@carletonswas



Carleton SWAs



Carleton College Office  
of Health Promotion



[go.carleton.edu/ohp](http://go.carleton.edu/ohp)

### *Sign up for our Newsletter*

Scan this QR code to sign up for our weekly SWA newsletter, providing OHP updates and information about activities offered by our office!

