

# Tips for Self-Kindness Words



**Resilient  
Parenting**

FOR BEREAVED FAMILIES

Many people are much harder on themselves than they are on others. Being kind to yourself is not self-pity or indulgence. It is treating yourself the same way you would treat a close friend. One way you can be kind to yourself is by using kind words, instead of unkind words, when you are struggling. This means saying things to yourself that you would say to comfort a close friend who was suffering.

## Kind Words That Have Worked for Others

While it may be easy to think of kind words to share with a friend, it can be harder to say these words to yourself. Here are some examples of kind words that other parents and caregivers have said to themselves that have helped them in times of stress:

- » I'm doing the best I can
- » Let me be gentle with myself
- » Let me be patient with myself
- » It won't always be this hard
- » I'm lovable just the way I am
- » It's ok to feel this way

You may want to write down the kind words you came up with in unit 2 that you can say to yourself during times of stress. You can continue to experiment with different words until you find something that helps you find comfort.

## Kind Words I can Tell Myself

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## For Some People Giving Themselves Kindness is Not Easy

They are used to saying unkind things to themselves like “It’s all my fault,” “I can’t do this,” or, “I shouldn’t be feeling this way” – things that make them feel worse in times of stress. If this sounds familiar, it’s ok. Don’t criticize yourself for being unkind to yourself. Just know that it will take practice for you to be kinder to yourself.

## The More You Practice Self-Kindness, the Easier and More Natural It Becomes

Remember that you don’t have to do anything to deserve kindness. You can be kind to yourself simply because you are having a hard time, just like you would be kind to your child or a close friend who was having a hard time.

