SELF-COMPASSION IN MOTHERHOOD: HOME PRACTICE

Take a moment to write yourself a letter. Words of understanding, empathy or comfort regarding your experience as a mother experiencing stress and deserving support and comfort. Consider a gentle tone, reassurance and encouragement. Read this as a daily mindfulness practice or put this away somewhere special and open it when you need it. Use Self Validation skills as you write.

We are better able to take care of others, when we take care of ourselves in small ways, every day.

Dear Mom Self:

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