

Practice and Reflection Log: Compassion

Practice	Reflect	Observations & Questions
<p>To practice compassion this week, we invite you to...</p> <ul style="list-style-type: none"> • Pause to ask yourself "What do I need?" • Practice soothing touch. • Practice taking a Self-Compassion break. • Practice "taking action" as a form of compassion. 	<p>Consider the following moments to reflect:</p> <ul style="list-style-type: none"> • Notice how you manage situations that are challenging. • Reflect on your balance of "taking action" and "being with". • Reflect on the impact compassion has on your well-being and resilience. 	<p>The following may spark ideas for what to note:</p> <ul style="list-style-type: none"> • What did you notice? <i>Include thoughts, feelings, bodily sensations, or urges.</i> • What insights did you glean? <i>Were there any "aha!" moments? What personal patterns did you notice?</i> • What did you find enjoyable? What did you find challenging? • When else might you use this? <i>If you found a particular practice useful, how could you be intentional about utilizing it?</i> • What questions came up for you?

Concepts: Compassion • Taking Action & Being With • Soothing Touch • Mindfulness, Common Humanity & Self-Kindness

Day/Date	Practice/Reflect	Observations & Questions	Minutes
Example: Monday 9/17	The breath as an anchor	My thoughts pulled my attention away a lot as I was practicing. Felt breath in my nose and throat. Helped to say breathing in and breathing out. For a few of the last breaths it was soothing. Might be good before bedtime. How do you observe without controlling the breath?	3-4
Example: Monday 9/17	Noticed "doing" mode	When working, thought of all the tabs I had open. Had been in "doing" mode all morning and hadn't been in "being" mode at all. Zoomed in and noticed feeling of my fingers typing. Listened to some of the noises around me. Shift in perspective, not so tense afterward.	2

