


Be kind to yourself

 60 minutes

Objective

- *To encourage participants to practice spiritual rest by fostering self-compassion and nurturing their inner well-being through reflective practices.*

Materials needed

- A quiet, comfortable space.
- A printed or digital list of affirmations.
- Pen and paper for journaling (optional).



Tool Description

This tool guides participants through a brief self-compassion exercise involving positive affirmations, visualization, and mindfulness techniques. By practicing kindness towards themselves, participants can reduce stress, enhance spiritual balance, and create a sense of inner peace.



Co-funded by
the European Union

Instructions

1. INTRODUCTION (20 minutes)

- Introduce the manual
- Allow participants time to familiarise themselves with the manual and its content
- Focus on the chapter **Spiritual Rest**
- Introduce the importance of **being kind to oneself** as a practice and let participants know this will be the main focus of this module

2. GUIDED EXERCISE

- Step 1: Ask participants to sit comfortably with their eyes closed or looking at a calming object.
- Step 2: Lead them through a short mindfulness exercise, focusing on deep breathing.
- Step 3: Encourage them to repeat gentle affirmations such as “I am enough,” “I forgive myself for past mistakes,” or “I am worthy of love and kindness.” (see annex).
- Step 4: Suggest participants visualize a peaceful scene (e.g., a tranquil forest or beach) while reflecting on positive qualities they admire in themselves.

3. REFLECTION AND CLOSURE

- Allow participants to share or journal their feelings and insights if they feel comfortable.



Reflection questions

- Do you feel you are able to explain this type of rest?
- How did this activity make you feel emotionally and spiritually?

The greatest act of wisdom is often learning to be gentle with yourself.

- What aspects of this exercise can you integrate into your daily life?
- How does being kind to yourself impact your emotional well-being?
- How does self-kindness impact your relationships with others?



**Co-funded by
the European Union**

Funded by the European Union. Views and opinions expressed are however those of the author(s) only and do not necessarily reflect those of the European Union or the European Education and Culture Executive Agency (EACEA). Neither the European Union nor EACEA can be held responsible for them.



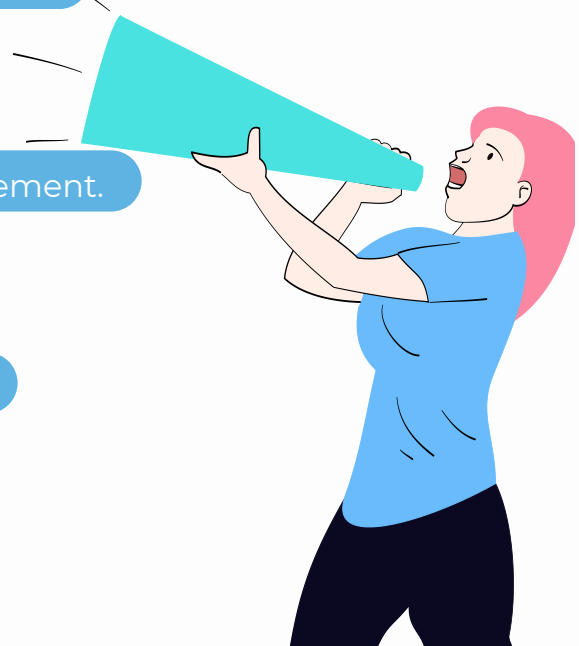
© 2024 by Rest 7 Project. This work is licensed under a Creative Commons Attribution-NonCommercialShareAlike 4.0 International License:
<http://creativecommons.org/licenses/by-nc-sa/4.0/>

Spiritual Rest

REST

Annex

- I am enough.
- I forgive myself for past mistakes.
- I am worthy of love and kindness.
- I deserve the same kindness I give to others.
- I treat myself with patience and understanding.
- It's okay to prioritize my own well-being.
- I allow myself to rest and recharge without guilt.
- I release the need for perfection and embrace progress.
- My feelings and needs are valid and important.
- I choose to speak to myself with love and encouragement.
- I honor my journey and celebrate small victories.
- I give myself permission to let go of self-judgment.
- I am my own source of comfort and support.



Co-funded by
the European Union

Funded by the European Union. Views and opinions expressed are however those of the author(s) only and do not necessarily reflect those of the European Union or the European Education and Culture Executive Agency (EACEA). Neither the European Union nor EACEA can be held responsible for them.