

# A Gift of Self Compassion

Happy Holidays Hawk Families

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## Tips for Holiday Health

Practice self compassion:

- \* Treat yourself with kindness
- \* Acknowledge you've been through tough circumstances and it is normal to have hard days as you recover
- \* You may experience a wide range of feelings and emotions especially during the holidays



## Breathing to Ground Oneself

Slow, deliberate breathing is a simple tool to help relaxation and focus.

- \* Find a quiet space with no interruptions. \* Try to relax your body. Drop your shoulders, loosen your limbs.
- \* Close your eyes.
- \* Take a deep breath in through your nose for 3-4 seconds.
- \* Notice the sensation of breathing in.
- \* Let the breath out for 4-5 seconds.
- \* Notice how it feels to let it out.
- \* Keeping going.
- \* Breathe in, breathe out.
- \* Repeat for 10 minutes.

**“Friendship with one’s self is all important, because without it one cannot be friends with anyone else in the world.”**

### Eleanor Roosevelt

Make a commitment to yourself:

- Keeping your routine simple.
- Including time for respite and healing.
- Planning to adapt if the routine changes.
- Committing to doing at least one thing every day to care for yourself.



### Connection:

- \* Check in with friends and family
- \* Connect outside of your home
- \* Spend time with pets
- \* Avoid news and social media
- \* Connect with others who understand
- \* Take a break or time out if needed

\*Trauma Response and Recovery Program \*

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