

Hello, my name is Tracey Meyers, psychologist at Lawyers Concerned for Lawyers.

This practice is called the self compassion break.

Sitting now in an upright and dignified posture. Allow the chair to support you comfortably, just as you are.

In allowing the eyes to gently close if that feels comfortable to you.

I'm taking a few moments to find your breath.

Scan your experience and bring into your awareness any emotional distress. Or other difficulty or strain you're experiencing in your life right now.

You might even reflect back and recall something recently that might have created some difficulty for you. And notice if you can find this discomfort in your body if you actually can feel that.

When you think of that experience, where do you feel it in your body? Some of us might feel it in our chest or our abdomen or our throat. So wherever you feel it, just noticing.

As you bring this discomfort into your awareness, you might wish to add a supportive touch that feels right for you, so perhaps this is placing one hand over your heart. You might even try that now, placing your hand on your heart, or sometimes both hands one hand on top of the other over your heart.

Perhaps it's simply holding one hand in another in your lap, just feeling that hand to hand contact. Taking a moment to feel the warmth of your own hand.

Another option might even be to place the hand on the hand on the belly. So take a moment or two to find a supportive touch if that feels right for you.

So the first step in the self compassion break is simply to notice whatever difficulty is here for you right now. To acknowledge that this moment is uncomfortable.

Or maybe there's even suffering, something that's unpleasant. Just mindfully allowing it to be fully here in your experience.

As you consider the situation that caused or is causing some distress, you might even say something to yourself to acknowledge this moment. Something like, this hurts or, this is what stress feels like in my body.

Shifting now to connect with your deep sense of knowing that suffering and hardship are part of life for everyone.

This is in fact part of our common humanity. This is what connects us all. Maybe even saying to yourself I'm not alone or other people feel this too. Or even this is what it feels like when anyone is heartbroken or lonely or in grief. Or whatever your particular situation is feeling like right now.

Noticing again your supportive touch on your heart. Or maybe you have your hand in your lap, or hands. In your lap, whatever feels right to you. Just sensing the warmth and gentleness of this touch.

You might add in some breath. Affectionate breathing, breathing in compassion. And breathing out. Breathing in compassion for yourself. Breathing out compassion for this common humanity.

What connects us? The sense of all people everywhere with painful or difficult experiences. I will stay with this. Compassionate breathing for a few more moments.

Perhaps now if your hands were at your heart or in your lap, you can release them.

And once more return to their breath.

And then expand your awareness to your body and notice if the discomfort is still there. If it's still present in the body. If it is, that's okay. Or perhaps you notice a shift or a change. That the self-compassion break, the acknowledgement of the discomfort, plus adding compassion allowed some movement, some shifting.

Often the power of self compassion is that it allows us to experience and then release some of the distress. If the distress remains, just bring in compassion to that.

Let's return to the breath for a few more cycles. Just gently returning now to the breath.

Eyes might open and close a few times, maybe taking a few nourishing breaths in and out of the body.

Thank you for participating today in this self compassion break. This is a practice you can do anytime you're having difficulty. It can often help when we feel gripped or overwhelmed with an emotion or a physical sensation. My name is Tracey Meyers and thank you so much for practicing today.