



# PLANNING TO BE KIND

Being kind to yourself is often simpler than it might sound. It's a habit you can get into. But it may take a bit of practice at first. This activity will help you think about some ways you can care for yourself. You choose what you'll do, when and how - what's important is you think about it in advance and plan it into your week. You may also want to track what you have done.

WHAT will I do to show myself compassion?	WHEN will I do it?	WHERE will I do it?	HOW will I do it?	Anything else I need to remember?
Example: I will try to stop blaming myself	Each time I find I am blaming myself or feeling guilty	Anywhere I am when I think this way	Think of what I would say to my friend Julie if she said the same thing I am thinking	It will take time to change my thinking but it will help
Example: I will listen to a loving kindness meditation	At the weekend, after the children are in bed	In the lounge where it will be quiet	I will download or bookmark my favourite one online	To involve other family members if they want to

Visit [Huntersyndrome.in](https://www.huntersyndrome.in) to learn more



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# KEEPING TRACK OF KINDNESS

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What I did:	How I felt before:	How I felt afterwards:	Notes for next time:
Example: Ran myself a bath before bed and calmed my thoughts.	Down and angry about this situation	Warm. Cared for. Okay about the emotional burden on me at the moment.	

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