

KIND MIND!

Did you know that we are sometimes very mean to ourselves? We often say things to ourselves that we would never say to anyone else, especially if we haven't done well at something or if we are worried about something. Maybe you've said things like 'I'm so stupid' or 'Why am I not as good as -----'. This is very bad for our well-being as it can make us feel bad about ourselves? We need to say kinder things to ourselves instead! Here are some kind things that we can say to ourselves:

I don't have to be perfect.

My best is good enough.

I don't have to be, or feel, amazing all of the time.

I don't need to compare myself to anyone else.

I don't need to have everything figured out right now.

Aim for progress, not perfection.

I'm stronger than I feel right now.

I don't need to beat myself up over this!

Pause, breathe, keep going!

Nobody has it all figured out!

I can cope with my strong feelings.

What can I do right now to help myself to feel better?

Why not try the Weaving Well-Being Rap: www.otb.ie/wwb-rap