

Kindness Exercise

This exercise is adapted from the Kind Hands/Loving Hands exercise by Dr. Russ Harris, from the Acceptance and Commitment Therapy model.

Take a moment

Notice where you are, take a moment to look around

Notice how you are feeling – name this

Notice and name where you feel these feelings in your body

Take a slow deep breath

Reach your hand out and turn it, holding it palm up

Take a moment to think about your hand and visualise all the kind things your hand has done e.g. stroked a pet, held your partner's hand, cuddled your child, stroked a loved ones hair.....image all this kindness in the palm of your hand

Place your hand on your heart, or on the part of your body where you feel any emotional discomfort or stress

Notice the warmth radiating from your hand into your body

Imagine this warmth radiating inward, around the parts of your body which is feeling stress, discomfort, pain, tension.

Image this warmth as kindness, gentle kind soothing compassionate feelings that you are sending to yourself

Add a kind word if you would like e.g. “you are okay/ you can do this/this is tough/ you can get through/ take your time/ just breathe”

Take a moment to send and receive this warmth and kindness