

Kindness on a Hard Day

For days when your body feels like the enemy and you have been hard on yourself all day.

WHEN TO USE THIS

Use this in the evening of a day that has been unkind from the inside.

How have you been talking to yourself today?

If someone you love had this exact day, what would you want for them?

Now write a few lines to yourself the way you would write to them.

It will feel odd. Write it anyway.

What is one kind thing you can do for your body before bed?

Warm shower, clean sheets, socks, an early night, a real meal.

You do not have to like your body today to treat it decently today.