

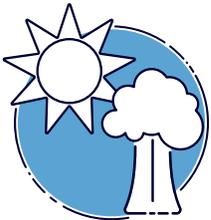
# Simple Self-Compassion Tips for Teens

## Coping With Uncertainty as the World Navigates COVID-19



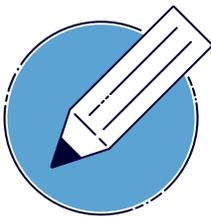
### Meditate on music

Play a piece of instrumental music that feels relaxing. Get comfortable—stretch out on your bed or a couch, and closely pay attention to each note of the music. When your mind wanders, which it will, bring your attention back to each note until the song is finished.



### Enjoy the outdoors

Go for a walk, engaging your senses as you identify the objects that make you smile. Notice the look, feel, smells, and sounds of the object. Spend time acknowledging those senses, and then take a picture. Start an album of these happy pictures and refer to them when you need a lift.



### Sketch it out

Try 'mindful doodling.' As you draw, notice the sensation of the pen in your hand and as it drags across the paper, the weight of the lines or curves in your doodles. If you're disappointed in your work, acknowledge it, but let it go without judgement, as 'thoughts are not necessarily facts.' Bring your thoughts back to the sensation of drawing.



### Show your support

We give hugs or wrap arms around friends, and we pet our cats and dogs, but we don't do this for ourselves. Place a hand over your heart or on your cheek, cradle your face in your hands, gently 'hug' yourself or stroke your arm with your hand. Supportive touch releases oxytocin—your body's feel-good hormone—to help you feel better.



### Take it easy

This is a hard time for everyone. When you hear a judgmental inner voice saying 'You should be getting more done! You're such a slacker!' respond with your other inner voice—your kinder one. Think of what you might say to a good friend who is struggling and try saying those same compassionate, supportive things to yourself.

Learn more about mindfulness and self-compassion at <http://selfcompassion.web.unc.edu>