

7 ways to be more kind to your mind

7 Ways * To Be MORE KIND TO YOUR MIND

@LAURAJANEILLUSTRATIONS

MONDAY



wake up, look in the mirror & say out loud 3 things you are PROUD of yourself for doing, achieving or overcoming; & if you find that challenging, simply remind yourself that you have faced challenge before, you survived & you're doing great.

@LAURAJANEILLUSTRATIONS

Tuesday



choose to forgive yourself for still being in the "process"; instead of saying "I can't do this", remind yourself that you are still learning, still growing, still capable of being able to do it one day. Growth is a process, it takes time.

@LAURAJANEILLUSTRATIONS

Wednesday



say no to something that you know you don't have the time or energy for today; saying no today will create space for you to rest & recharge so that you can say yes to more tomorrow.

@LAURAJANEILLUSTRATIONS

THURSDAY



take a moment to just stop. Stop and breathe. Breathe in, pause; breathe out. In the silence listen closely to what your body is telling you - what do you need more of today?

@LAURAJANEILLUSTRATIONS

FRIDAY



check in with your feelings. What are you feeling today? Why are you feeling this way? What do you need right now to support yourself & these feelings?

@LAURAJANEILLUSTRATIONS

SATURDAY



make space for you today. Do something simple that brings you gentle joy, like sitting in the sunshine, reading a book or going for a walk. Be comfortable in your own company, in the softness of the silence; be present with yourself in the joy.

@LAURAJANEILLUSTRATIONS

SUNDAY



write a list of everything & everyone that you are grateful for at the end of the week. Read back your list; be present with just how much you have in this moment of your life, however big or small, grand or simple - you have something to be grateful for.

@LAURAJANEILLUSTRATIONS

7 Ways * To Be MORE KIND TO YOUR MIND

@LAURAJANEILLUSTRATIONS

illustrations provided by

@laurajaneillustrations / www.hellohappy.com

Your turn: 7 ways to be more kind to your mind

7 ways *
To Be MORE
KIND TO YOUR
MIND

@Laurajaneillustrations

MONDAY

Tuesday

Wednesday

THURSDAY

FRIDAY

SATURDAY

SUNDAY

7 ways *
To Be MORE
KIND TO YOUR
MIND

@Laurajaneillustrations

Made by you