

# SOMA:HOME

a 6 week deep-dive into befriending  
your body and mind. Facilitated by Erica Webb

**Week 6: Self-compassion for  
sustainable self-care  
(plus: the role of structure)**

Welcome to **Week 6** of **SOMA:HOME!**

This is the final week of the program, but certainly not the end of exploring a kind and compassionate relationship with yourself that feels like home.

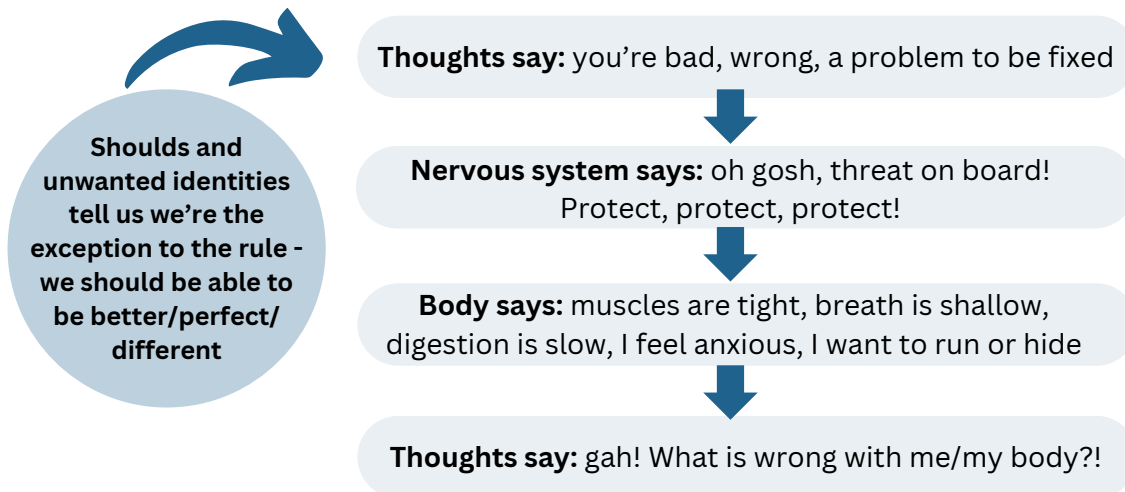
This week, we're zooming in on Self-Compassion as a way of effectively navigating the inevitable human-y stuff that will come up as you keep going. This is vital to foster an inner landscape that is resilient to the inherent imperfection that comes with being human!

We'll also be looking at the role of structure and proactively navigating self-care.

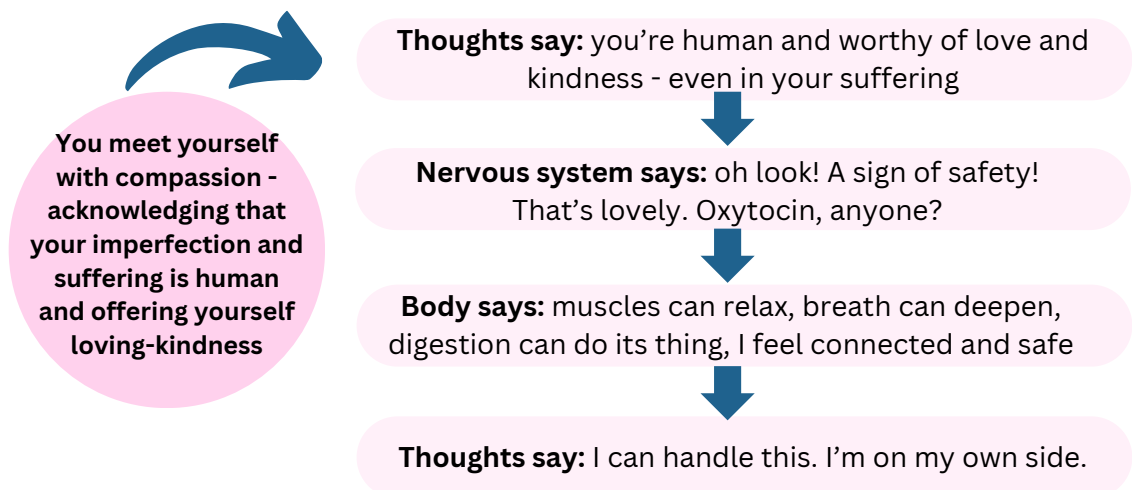
## SELF-COMPASSION: THE FOUNDATIONAL TOOL

“**Compassion** is the daily practice of recognising and accepting our **shared humanity** so that we treat ourselves and others with **loving-kindness**, and we take action in the face of suffering. Compassion is fuelled by understanding and accepting that we’re all made of strength and struggle - no one is immune to pain or suffering.”  
(Brené Brown, Atlas of the Heart)

### How it’s been ...



### ... where self-compassion takes you



## SOMATIC PAUSE WITH COMPASSION

Pause and notice:

What you can attend to with your external senses.

What you notice about your internal experience.

The sensation of breath, stillness, movement.

Signs of neuroception at play.

Choose to meet yourself with curiosity when judgement rises up.

Meet yourself with compassion - reminding yourself of our shared humanity. To be human is to be imperfect. To suffer at times. To feel joy.

Imagine for a moment the warmth you feel when embracing someone you love. Can you turn that toward yourself?

Remind yourself that you are worthy

And that you do not have to prove your worth for it to be so.

The desire to get 'it' right. To be perfect. To finally feel good enough. They're oh so human. But you are enough. You are worthy. You don't have to try so hard - it's been true all along.

Can you meet yourself with the softness, understanding and empathy you extend to others? How does that feel?

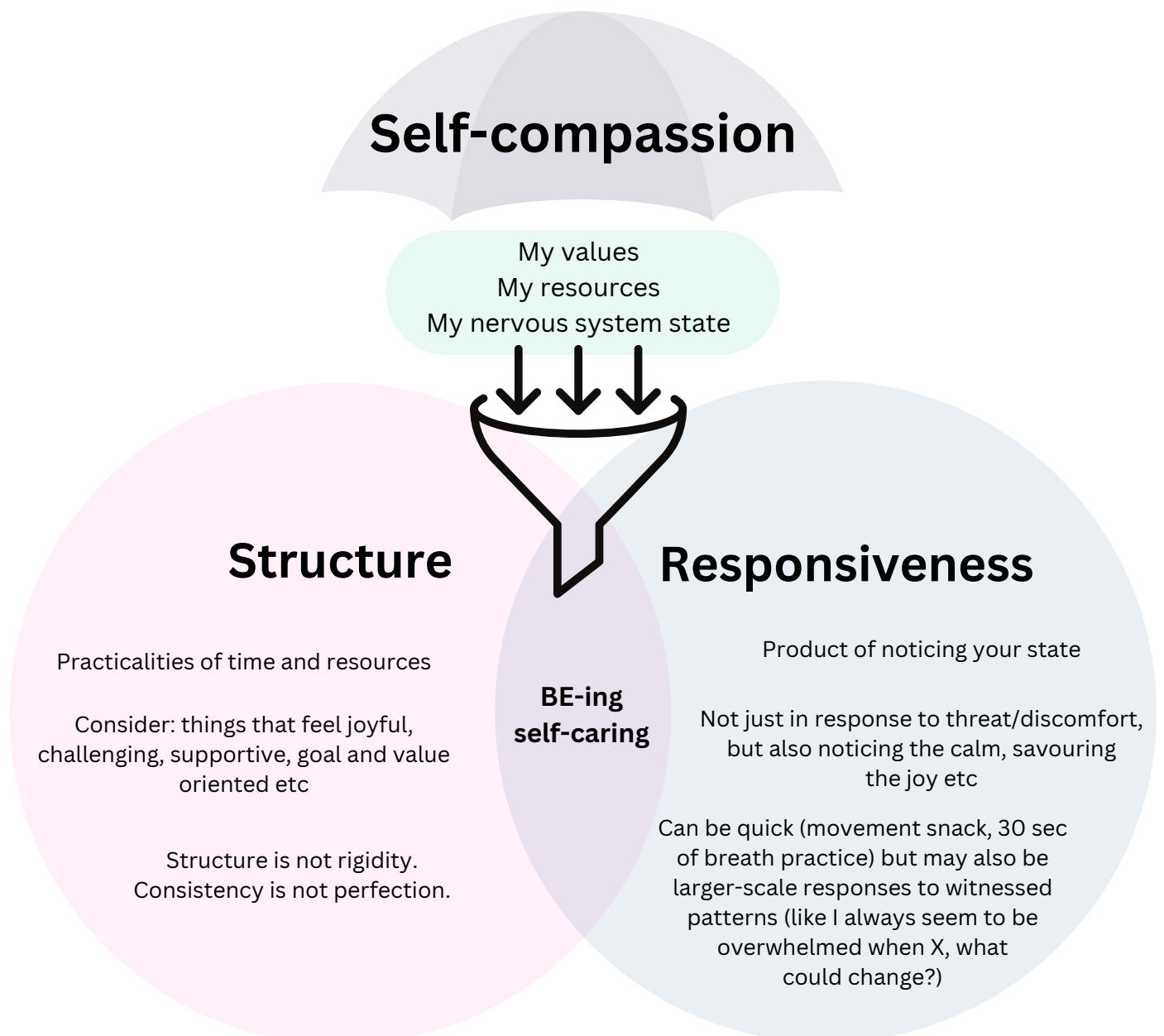
Take a few slow breaths, again noticing what you feel and sense. Take a big stretch, a big yawn, a shake of the arms.

## MAKE A PLAN, BUT MAKE IT KIND (AND SIMPLE)

Planning is fine, unless it feels like a prison of your own making. So when you put structure in place, do it with full appreciation of: the practicalities of your life and resources; the fact that structure must be flexible in order to be truly self-caring.

And start SIMPLE. Even simpler than you initially think. Make it easy. That's allowed.

It might be worth considering just **ONE thing** you can structure initially (just like we did with the responsive tools we explored last week). Your brain might tell you that's not enough ... but what if you let it be? You can always build when that time comes.



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**How much structure would feel supportive to you?** Use the space below to map out:

- 1)** Where you ALREADY have structure around your way of BE-ing self-caring through your actions (I invite you to include things here like brushing your teeth, nourishing your body with food, showering etc. All of these things can have a connection with self-caring!)
- 2)** Places where you'd like to explore more structure because of the support it would offer (i.e. not through a lens of *should*). Circle the **ONE** that feels most useful right now.

**My current structured self-caring actions:**

**Places I'd like to explore more structure because I think it would feel supportive:**

**Now take that ONE thing you circled and consider:**

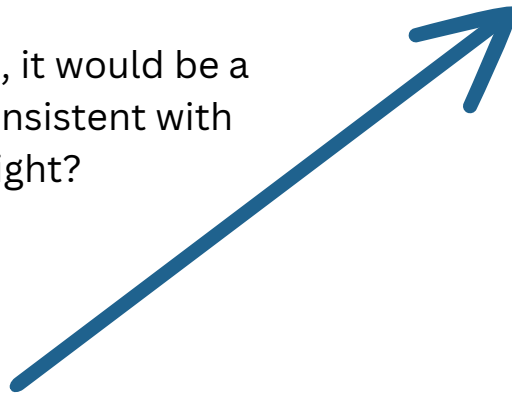
- What is the **SMALLEST** version of this that I could put in place today?  
(e.g. 2 minutes of movement on waking, 60 seconds of self-compassion before bed etc)  
Be specific in the **WHEN** and **WHERE**.

- Which of your **VALUES** is this connected with?

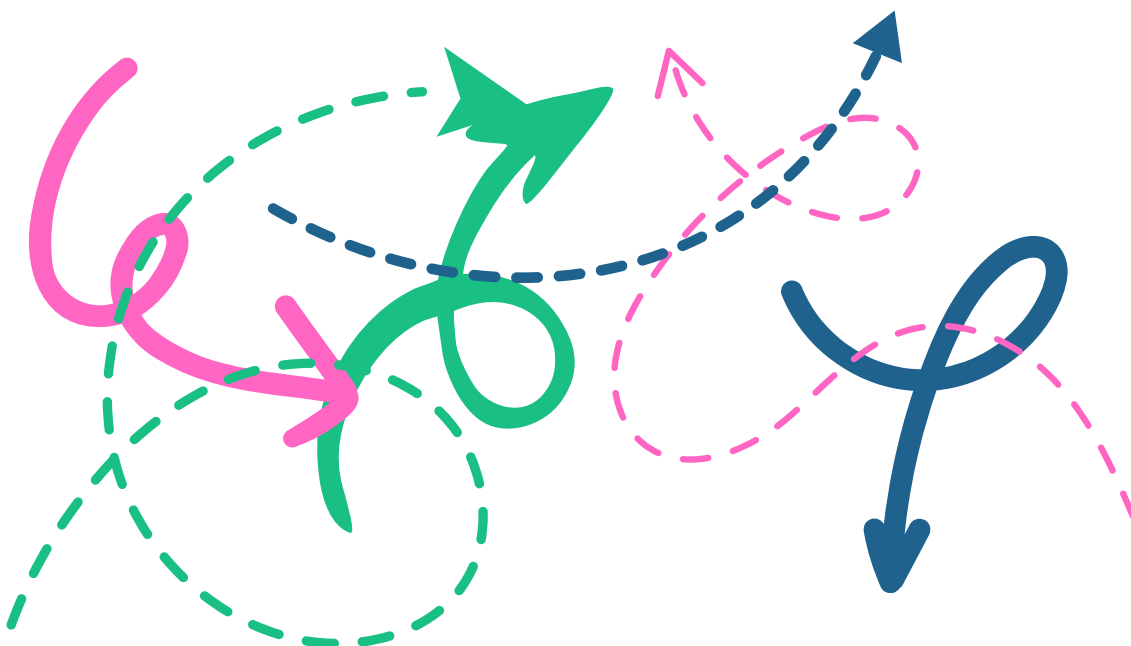
- What **SHOULD**S and **UNWANTED IDENTITIES** might spring up to interfere with your best laid plans?

**Self-Compassion as a consistency and sustainability tool**

If life looked like this, it would be a lot easier to stay consistent with self-care, right?



But the truth is, it looks more like this!  
Which is why consistency can be SO challenging. So what's the antidote to that?  
**SELF-COMPASSION**





What can this look like? Here's an example:

### THE UP

I'm on track! I've done my movement practice every day this week!



### THE DOWN

Missed a day. Not sure it's worth it now. Plus there's a deadline at work and this feels more important. Typical; I never stick with anything anyway.



### SELF-COMPASSION

Ah, isn't that interesting. I'm having the thought that because I didn't get it perfect, it's not worth doing at all. That feels very human. I feel and notice my frustration and can see how I'm beating myself up for simply being human. I'm choosing to meet myself with kindness here. I don't need to get it perfect and not getting it perfect does not mean I've failed. It would feel kind to my body to do just a couple of minutes of movement now. So that's what I'm going to do.

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Can you identify scenarios when the inner critic is most likely to pipe up?  
Use the space below to brainstorm some things that you might need to hear from yourself in those moments - imagine you are speaking to your best friend ☐

Notice the difference in your felt experience when the inner critic is in charge versus when the self-compassion takes the lead.

What next?

We're at the end of our 6 weeks together.

Thank you for remaining curious and for showing up to nurture YOU.  
This work matters. Finding Home within is a worthy pursuit.

The discussion space will remain open for another couple of weeks to give you time to ask questions and share as you reflect and/or continue to explore the content. You will have access to the program portal, including the resource videos and audios, ongoing.

- Questions and reflection are welcome
- Feedback survey will land in your inbox in coming days
- Ongoing support is available via the SelfKind Hub and 1-1 Somatic Counselling