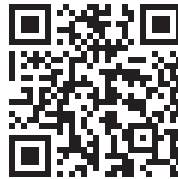




## Take Wellness with You

Carry these wellness cards with you wherever you go, for any moment you might need. Lost a card or want to share? A printable version is available at [empathyandcompassion.ucsd.edu](http://empathyandcompassion.ucsd.edu) or [compassioninstitute.com/healthcare](http://compassioninstitute.com/healthcare)



*Calm & Settle the Mind*

## Breathe to Center

1. Rest your attention on three full breaths
2. OR on the sensation of your feet rooted into the ground, OR the weight of your seat on the chair

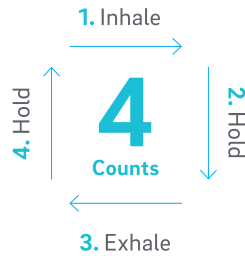
**During:** Routine activity, transition, or moment of stress

*Calm & Settle the Mind*

## Box Breathing

1. Inhale for 4 counts
2. Hold for 4 counts
3. Exhale for 4 counts
4. Hold for 4 counts

**During:** Moment of stress



*Managing Emotions*

## Self-Compassion Antidote

*When stressed / feeling self-critical*

1. Recognize: "This is suffering."
2. Choose a self-compassion ritual (hand on chest/belly/wrist).
3. Acknowledge: "I'm doing my best."  
"Everyone is doing their best."  
"I let go of outcomes beyond my control."

*Managing Emotions*

## Just Like Me

*Compassion for a neutral / difficult person*

1. Pick a word/phrase that describes this moment of unease.
2. Reflect: "Just like me, this person also suffers and ."
3. Extend a wish: "May you be well" or "May you feel ease."

*Managing Emotions*

## Breathing Compassion (GESR)

*When triggered / overwhelmed by a strong emotion*

1. **Ground** your attention on deep breaths/your feet on the earth.
2. Notice the **Emotion** as body sensations.
3. Inhale, breathe in the emotion into vast **Space**.
4. Exhale, breathe out **Relief** for yourself and others.

