

# PARENTS' GUIDE TO GRACE

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PARENT SELF-CARE

## GIVING YOURSELF GRACE

*Kristin Meekh*

"Grace is about acceptance, forgiveness, love; and as hard and bitter as this is to swallow, it heals you unlike anything else. There is no magic formula, but those who are open to the possibility of it occurring and those who practice self-compassion will tell you that grace begins to mold together the fractures."

Source: "Give Yourself Grace—The Ultimate Gift" by Kristin Meekh on PsychologyToday.com

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## LOOK AT A PHOTO OF YOURSELF AS A CHILD

- Look at a picture of yourself as a child to help you be kind and gentle towards yourself, just as you would your child
- You can even say something to that picture such as, "I deserve grace and compassion," "I am worthy as I am," or "May I forgive myself"

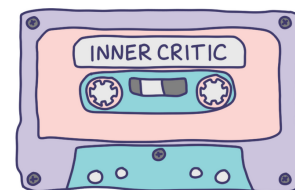


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## PAUSE THE TAPE

If you catch yourself beating yourself up repeatedly for a mistake, you can try:

- Pausing and taking a breath
- Acknowledging what is happening, "my inner critic is big right now"
- Choosing to pause the tape and talking to a friend, going for a walk, watching a TV show, giving myself a hug, doing a forgiveness meditation, etc.



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# INSTAGRAM SERIES

## FORGIVENESS MEDITATION

*Jack Kornfield*

- Set an intention to cultivate forgiveness. Bring your attention to the present moment with an attitude of kindness and curiosity.
- Focus on your breath flowing in and out. Think about the ways you have harmed or abandoned yourself.
- Choose a specific incident and allow yourself to feel the sorrow.
- Begin to silently repeat, **"I forgive myself or may I forgive myself."**
- This practice can stir up emotions, and forgiveness cannot be rushed. With continued gentle practice, your heart will heal and release the burdens of the past when ready.

Source: "Good Morning, I Love You" by Shauna Shapiro



you are **ENOUGH**  
you do **ENOUGH**  
it's okay to  
relax + let go

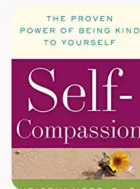
kyj @parentselfcare

## 5-Minute Self-Care Routine



@ParentSelfCare

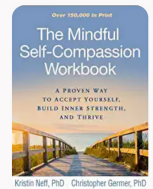
## SELF-COMPASSION + FORGIVENESS RESOURCES



Self-Compassion by  
Kristin Neff



Good Morning, I  
Love You by Shauna  
Shapiro



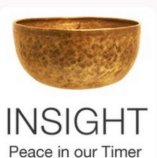
The Mindful Self-  
Compassion Workbook by  
Kristin Neff + Chris Germer



Center for Mindful  
Self-Compassion



Free Meditation Recordings  
on ChrisGermer.com



Insight Timer Free  
Meditation App

