



## A GUIDE TO BEING GENTLE with yourself and others

Because the world is already heavy enough -  
kindness makes it lighter.

Small kindnesses are  
MAGIC

A kind word. A gentle touch.  
A deep breath.

Holding the door open. Checking in.  
Letting someone go first in line.

Tiny things. Easy things.

But they can change someone's  
whole day.

Kindness doesn't have to be  
big to matter.

And that is enough.  
YOU ARE ENOUGH.

doing your best.

You are not a burden. You are

Rest when you're tired. Eat when

you're hungry. Let yourself breathe.

prove more to deserve care.

You don't have to do more, be more,

kindness, too

You - yes you! - deserve

When you mess up (because  
we all do)

It's okay. Breathe. You're not  
a bad person.

Mistakes don't define you - what  
you do next does.

Own it. Apologize if needed.

Learn from it. Then let it go.

YOU ARE ALLOWED TO GROW.

When someone's struggling...

You don't have to have the perfect

words. You don't have to fix anything.

Just BE THERE.

A quiet moment together. A warm

drink. A simple "I see you, I'm here"

Sometimes, the smallest kindness

is the one that stays with someone

forever.

## Hey, you don't have to be so hard on yourself

I know the world tells you to toughen  
up, to push through, to be stronger.  
But listen - softness is not weakness -  
You don't have to earn kindness. You  
don't have to "deserve" rest.

Being gentle - with yourself, with others -  
isn't giving up. It's choosing to care, even  
when everything tells you not to. That's  
strength.

You're carrying so much already.  
You don't have to carry it alone.

## If you wouldn't say it to a friend...

Think about the last time you messed up,  
felt overwhelmed or just weren't at your best.  
What did that little voice in your head say?

Now imagine a friend came to you  
feeling the exact same way.  
Would you talk to them like that?

You deserve the same kindness you give  
to others. (Yes, really)

Try talking to yourself like someone  
you love.