Introduction (5 mins): Start this month’s Get-Together on ACCEPTANCE by asking everyone to share their name and one action they’ve taken recently to bring happiness to themselves or others.

TUNE IN to our experience with mindfulness and gratitude

Mindfulness Exercise (5 mins): The island inside yourself
Follow the sensation of your breath without trying to change anything at all. See if you can enjoy this moment’s break from a busy mind by just being with the breath. If you like, you can imagine a private island inside you that you can go to to be at peace and away from the rest of the world.

Gratitude Exercise (10 mins): One thing you appreciate about yourself
Turn to someone next to you and share about one thing you appreciate about yourself. This may not be easy if we fear being boastful or have critical thoughts. The key is to find something really small for now (I like that I made myself tea this morning, or I’m proud I made it here today).

CONNECT with others to help us deepen our understanding

Group Discussion (30 mins): Show yourself the same kindness you’d show a loved one
Ask a volunteer to read out the text below and suggested questions for discussion in small groups. Remember, this is an opportunity to listen and learn from people’s real life experiences, so allow each other space and try to share real feelings rather than getting caught up in thoughts or ideas.

We generally accept and love our friends for who they are. We know their good and bad sides, what they’re great - and not so great - at and their quirks... and we love them all the same. So how come many of us don’t love and treat ourselves in the same way? How you treat yourself is central to your well-being. You don’t need to be perfect (none of us is), yet we can easily undermine our own well-being by being far too tough on ourselves. We can be happier if we learn to be as compassionate towards ourselves as we would be to a friend and find ways to recognise, use and nurture our strengths – what’s best in us.

Find out more in 10 Keys to Happier Living (Chapter 9): www.actionforhappiness.org/book

Questions for discussion:
- What are your self-care essentials?
- Is self-care selfish or does being kind to ourselves help us be kinder to others too?

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“Friendship with oneself is all important, because without it one cannot be friends with anyone else in the world” ~ Eleanor Roosevelt

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