

Module 2:

Navigating Modern Pressures and Cultivating Self-Compassion

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Understanding Social Media Pressure

In our hyper-connected world, social media can create unrealistic standards that lead to stress and self-doubt. It's essential to recognize that what is often presented online is curated and may not reflect reality. Practicing self-compassion can help counter these pressures.

KEY CONCEPTS:

01

Self-Compassion:

This involves treating yourself with kindness, understanding rather than harsh judgment during difficult times. For example, if you see a friend's perfect vacation photos and feel inadequate, remind yourself that everyone has struggles, and it's okay not to measure up to an idealized version of life.

02

Mindfulness:

Practicing mindfulness encourages you to be present and aware of your thoughts and feelings without judgment. This can help you recognize negative thought patterns instigated by social media comparisons.

03

Boundaries:

Establish limits and guidelines to protect your time and mental well-being. Setting clear boundaries helps prevent burnout and allows you to prioritize what truly matters. For example, limiting time on social media or declining commitments that drain your energy can create a healthier balance.

Breathing Exercise: 4-7-8 Breathing Technique

The 4-7-8 breathing exercise is a simple yet effective mindfulness practice to reduce anxiety and enhance your focus.

Here's how to do it:

01 Inhale:

Close your eyes and inhale through your nose for a count of **4**.



02 Hold:

Hold your breath for a count of **7**.



03 Exhale:

Exhale slowly through your mouth for a count of **8**, making a whooshing sound.



04 Repeat:

Complete this cycle for a total of **four breaths**.



Box Breathing

Method:

1. Inhale through the nose for 4 seconds.
2. Hold the breath for 4 seconds.
3. Exhale through the mouth for 4 seconds.
4. Hold the breath for another 4 seconds.

When to use:

- During high-pressure situations
- To improve concentration
- Before presentations or important tasks

✔ Increases focus

✔ Reduces stress

✔ Enhances mental clarity

4-7-8 Breathing

Method:

1. Inhale through the nose for 4 seconds.
2. Hold the breath for 7 seconds.

When to use:

- Before sleep
- During stressful moments

✔ Reduces anxiety

✔ Promotes relaxation

Diaphragmatic Breathing

Method:

1. Sit or lie down comfortably.
2. Place one hand on your chest and the other on your abdomen.
3. Inhale deeply through the nose, allowing your diaphragm (not your chest) to expand naturally for 3-5 seconds.
4. Exhale slowly through pursed lips for 3-5 seconds.

When to use:

- During meditation or yoga
- Whenever feeling anxious or overwhelmed
- As part of a daily relaxation practice

✔ Promotes deep relaxation

✔ Reduces tension

✔ Enhances lung capacity

Breathing Challenge

Try practicing the 4-7-8 breathing technique twice a day for one week. Notice how you feel before and after each session.

Use this time to reflect on any social media-related pressures you may be feeling and how this breathing exercise allows you to cultivate a sense of calm and self-acceptance.

Popular Breathing Techniques

4-7-8 Breathing

Excellent for promoting relaxation and sleep.

Box Breathing

Effective for enhancing focus and calmness during stressful or high-pressure

Diaphragmatic Breathing

Helps with relaxation and is useful in calming anxiety through deeper breathing.

Learn how 

Daily Self-Compassion Check-In:

At the end of each day, reflect on one moment where you felt self-critical.
Write down how you can reframe that thought with compassion.

Example:

How you were self-critical:

I didn't do enough today

Compassion reframe:

Everyone has days off and it's okay to
rest and recharge

Compassion Check-In:

How you were self-critical:

Compassion reframe:
