**Introductory Calming Station**

Welcome. We invite you to take a few moments to decompress, calming your body and mind, in preparation for this **Shades of Compassion** experience. Feel free to close your eyes while taking a relaxed and comfortable posture. You may want to make contact with a physical object that you think might bring you comfort. Now take a few slow, deep breaths as you visualize in your mind a scene that provides a sense of calm, warmth, and security. If your mind begins to wander, or you notice any unpleasant sensations, that’s O.K. Gently shift back to a pleasant or neutral sensation and stay there. Let’s continue this practice until the bell sounds in 15 seconds.

By engaging in this self-compassion practice during times of stress it can help us think more clearly and respond to life’s challenges with greater compassion. Welcome again to **Shades of Compassion**.