



PLANNING TO BE KIND

Being kind to yourself is often simpler than it might sound. It's a habit you can get into. But it may take a bit of practice at first. This activity will help you think about some ways you can care for yourself. You choose what you'll do, when and how – what's important is you think about it in advance and plan it into your week. You may also want to track what you have done.

WHAT will I do to show myself compassion?	WHEN will I do it?	WHERE will I do it?	HOW will I do it?	Anything else I need to remember?
Example: I will try to stop blaming myself	Each time I find I am blaming myself or feeling guilty	Anywhere I am when I think this way	Think of what I would say to my friend Julie if she said the same thing I am thinking	It will take time to change my thinking but it will help
Example: I will listen to a loving kindness meditation	At the weekend, after the children are in bed	In the lounge where it will be quiet	I will download or bookmark my favourite one online	To involve other family members if they want to

Visit [Huntersyndrome.info](https://huntersyndrome.info) to learn more



This resource is intended only to provide knowledge of Hunter syndrome health topics. This resource is not a substitute for medical advice, and should not be used in place of advice from a healthcare professional. Please contact a healthcare professional for advice. This resource is intended for an international audience outside of the USA and has been produced by Takeda. This resource has been developed in accordance with industry and legal standards to provide information for the general public about Hunter syndrome health topics. Takeda makes every reasonable effort to include accurate and current information. However, the information provided in this resource is not exhaustive.

This material has been developed in collaboration with MPS Europe by a team of psychologists based at Sprout Behaviour Change Ltd (London, UK). The techniques and methodologies used stem from Acceptance Commitment Therapy: a validated psychological approach used to address emotional, practical and stressful challenges that may be hard to overcome.

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KEEPING TRACK OF KINDNESS

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What I did:	How I felt before:	How I felt afterwards:	Notes for next time:
<i>Example: Ran myself a bath before bed and calmed my thoughts.</i>	<i>Down and angry about this situation</i>	<i>Warm. Cared for. Okay about the emotional burden on me at the moment.</i>	

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