

■ Island of Kindness

Practical Activity Sheet — Isolation & Feeling Alone in Compassion

Feeling alone in your compassion can be a heavy weight to carry. This activity sheet is designed to help you gently reconnect to your inner sanctuary and remember that your voice and heart are part of something larger — a global movement rooted in kindness and justice.

1. ■ *Acknowledge the Feeling*

Take a moment to name what you're feeling. Write it down in a journal or simply say it aloud. For example: "I feel isolated." "I feel unseen." "I feel tired of caring alone." Naming the feeling doesn't make it bigger — it makes it real, and that's the first step to softening its hold.

2. ■ *Create a Personal Sanctuary*

Choose a small corner, object, or ritual that represents belonging to you. It might be a candle, a favourite mug, a soft blanket, or sitting under a tree. Each time you visit this space, remind yourself: "I belong. My compassion matters."

3. ■ *Connection Practices*

- Reach out to one like-minded person — online or in person.
- Listen to or re-play the 'Vegan Sanctuary Meditation: Standing Together'.
- Join an online community where kindness and advocacy are shared values.
- Share your story or artwork through the Island of Kindness community project.

4. ■ *Grounding in the Body*

When loneliness feels sharp, gently bring your awareness back to your body. Try this simple grounding practice: - Place your hand over your heart. - Breathe slowly and deeply for 60 seconds. - Feel your feet on the floor. - Whisper to yourself: "I am safe. I am connected."

5. ■ *Gentle Affirmations*

Affirmations can act like small lanterns in the dark. Repeat slowly, as often as needed: • I am not too much — I am enough. • My compassion connects me to others. • I am part of something bigger than myself. • I belong. I am home.

This moment of isolation is not the end of your journey — it's a quiet pause. Let it become a soft reminder that your heart is part of a living sanctuary. You are not alone. You never were.