

SELF-COMPASSION

Self-compassion is a key component of maintaining a healthy and well-balanced approach to self-care. Specifically, self-compassion:

- Can be helpful when dealing with difficult situations.
- Involves being aware of personal stressors or triggers and responding in ways that are helpful instead of harmful.
- Involves being aware of how critical and judgmental your mind can be when things get tough.
- Allows us to approach ourselves with curiosity and kindness when things don't work out as we may have hoped.

RESEARCH SHOWS THAT SELF-COMPASSION CAN:

- Increase overall health and well-being.
- Improve social connection and satisfaction in life.
- Increase optimism, happiness and even wisdom.

TIPS FOR PRACTICING SELF-COMPASSION IN EVERYDAY LIFE:

1. **Acknowledge your pain:** Notice when you're hurting and give yourself a little space to process your thoughts and feelings. Do not ignore these feelings and thoughts.
2. **Adopt a new perspective:** Stop and attempt to view the situation through the lens of a best friend or someone who cares about you. When you catch yourself being self-critical or judgmental, imagine how they would encourage you and what advice they would give.
3. **Practice:** Being self-compassionate takes practice. Depending on our unique childhood experiences, this may or may not have been a skill we developed. As adults, we can choose to practice self-compassion until it becomes a part of our daily experiences.

RESOURCES:

- <https://self-compassion.org/>
- <https://www.liveplanbc.ca/pain-education/mind-body-techniques/mindfulness-and-self-compassion>
- <https://www.cci.health.wa.gov.au/~media/CCI/Mental%20Health%20Professionals/Self%20Compassion/Information%20Sheets/Info%20What%20is%20Self%20Compassion.pdf>
- <https://www.psychologytoday.com/ca/blog/nurturing-self-compassion/201703/how-cultivate-more-self-compassion>
- <https://self-compassion.org/test-how-self-compassionate-you-are/>