



Self Compassion

"Self-Compassion is simply giving the same kindness to ourselves that we would give to others."

Society demands so much of us - we often fixate on flaws and criticize ourselves harshly. Self-Compassion is a choice to love ourselves, forgive yourself for mistakes and accept all of who you are (even the bits you wish were different).

Benefits of Self-Compassion include:

- **boosting motivation**
- **optimism**
- **happiness**
- **body and self-image**
- **self-worth**
- **resilience**

Self-Compassion means having patience with yourself during adversity, and talking to and treating yourself with basic respect, even when you feel disappointment or like you have failed.

Remind yourself that everyone feels inadequate at times, and that your shortcomings are natural aspects of the human experience. Catch yourself engaging in self-judgement, and practice letting go of critical thinking when it becomes hurtful and unhelpful.



Ways to Practice

Next time you feel critical of yourself, talk out loud to yourself as if you were supporting your best friend.

Replace negative self-talk with hopeful, understanding language. For example: "I'm a failure," becomes "I will learn this."

Give yourself permission to feel the feels, and allow yourself the time and space to process. Accept feelings without trying to change them.

Hold your hands over your heart for 10 seconds and notice how it makes you feel.

Give yourself a hug or cross your arms and rub your triceps for some soothing touch.

Console yourself with things that fill your bucket on days where you have struggled. Enjoy a favorite food, environment, show, or activity.

Let go of external validation - next time you feel criticized, write down reasons to be proud of yourself.

Honor your body and appreciate it for all it accomplishes on a daily basis.

Accept past mistakes - forgive yourself by apologizing (to yourself) for it, learning what you can and giving yourself permission to move forward.