

MINDFUL-SELF-COMPASSION



Combines the skills of mindfulness and self-compassion, providing a powerful tool for emotional resilience.

Mindfulness, the practice of consciously directing our awareness, helps us to acknowledge our difficult thoughts and feelings (such as inadequacy, sadness, anger, confusion) with a spirit of openness and curiosity.

- Mindfulness can be useful because we can learn to ground ourselves in the present moment
- Mindfulness meditation may also help us focus on thoughts of acceptance and compassion
- There's no right or wrong way to practice mindfulness, it simply involves choosing to meditate
- Even 10 minutes per day can make a significant difference in our mental health and wellbeing

Self-compassion involves responding to these difficult thoughts and feelings with kindness, sympathy and understanding so that we soothe and comfort ourselves when we're hurting.

- Self-compassion involves accepting ourselves as we are and choosing to love ourselves without condition
- Using self-compassion, we learn not to judge ourselves too harshly or to distort reality to either criticize ourselves or falsely build ourselves up
- Practicing self-compassion allows us to honor and accept our humanness and helps us celebrate our unique worth, recognizing that we are acceptable just as we are
- Self-compassion often takes practice because for many of us it is often easier to express empathy and compassion for others than it is for ourselves

GROUNDING TECHNIQUE:

When we feel overwhelmed, the most self-compassionate response may be to pull back temporarily and concentrate on breathing slowly.

Focus on the breath, and try to ground yourself in the present moment using your 5 senses. Identify:



Finally, when you notice yourself experiencing negative thoughts and feelings about yourself, try to be kind and understanding of how you feel. Remind yourself that you are a human being who deserves love, kindness, and compassion. It may be helpful to try to soothe yourself the way a kind parent might soothe a young child who is feeling scared.

DISCUSSION QUESTIONS

- How does self-compassion differ from self-esteem?
- How does the following quote relate to Mindfulness Self- Compassion?
“Self-acceptance is my refusal to be in an adversarial relationship with myself” – Nathaniel Branden
- Why do you think that we tend to be kinder and more accepting of our friends than ourselves?
- How do you think things might change if you responded to yourself in the same way you typically respond to close friends when they are suffering?
- What's one small step you can take today to feel more joy or calm in your life?
- What is one healthy thing you can do to support yourself when you feel overwhelmed, sad, or stressed out?