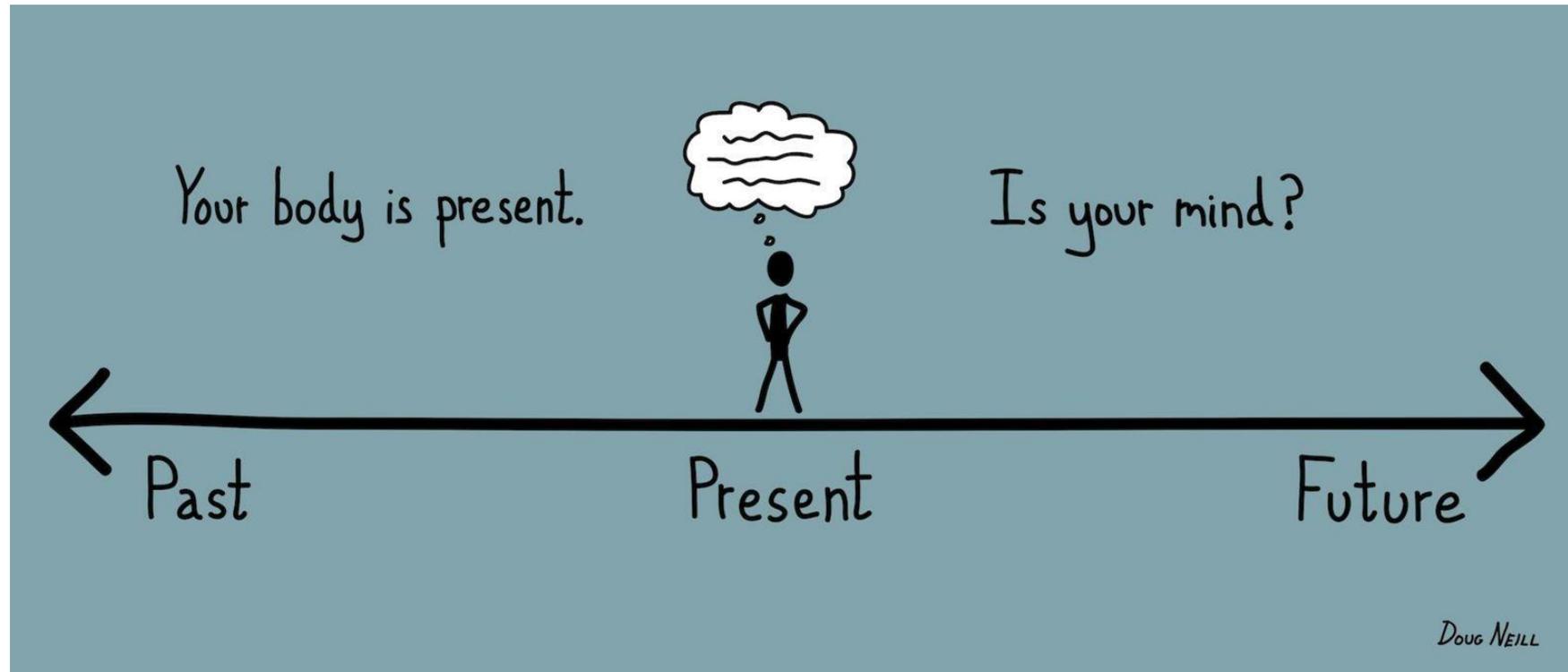




Mindful Self-Compassion

Counseling & Student Development Center
Bucknell University

What is Mindfulness?



What is Mindful Self-compassion

- ◎ Combines the skills of mindfulness and self-compassion, providing a powerful tool for emotional resilience.
- ◎ Mindfulness helps us to acknowledge our difficult thoughts and feelings (such as inadequacy, sadness, anger, confusion) with a spirit of openness and curiosity.
- ◎ 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.

Instead of mercilessly judging and criticizing yourself for various inadequacies or shortcomings, self-compassion means you are kind and understanding when confronted with personal failings – after all, who ever said you were supposed to be perfect?



Importance of Self-Compassion

- ◎ Self-compassion = **accepting ourselves** as we are and choosing to love ourselves without condition
- ◎ When we are compassionate to ourselves we agree to not judge ourselves harshly or to try to distort reality to either criticize or build ourselves up
- ◎ It requires us to **look at ourselves honestly** and to be willing to **accept ourselves** for the qualities that we like, dislike or are indifferent
- ◎ When we are compassionate with ourselves we **choose not to judge ourselves**

Accept Your Humanness

- ◎ Having compassion for yourself means that you honor and accept your humanness.
- ◎ Things will not always go the way you want them to
 - You will encounter frustrations
 - Losses will occur
 - You will make mistakes & fall short of your ideals

Self-Compassionate Change

A decorative network diagram in the top right corner, consisting of various sized circles (nodes) connected by thin lines (edges). Some nodes are solid grey, while others are hollow white with a grey outline. The connections form a complex, branching structure.

- ◎ You may want to change in ways that allow you to be more healthy and happy
 - ◎ This is done because you care about yourself, not because you are worthless or unacceptable as you are
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- A decorative network diagram in the bottom left corner, similar to the one in the top right, featuring a cluster of interconnected nodes and lines.

Developing Self-Compassion

- ◎ It is often easier to express empathy and compassion for others than it is ourselves
- ◎ Being able to view ourselves within the context of who we are, our experiences, our pain and our pride is helpful
- ◎ It is also helpful to give up the conditions of worth that we place upon ourselves
 - Self-criticisms
 - Insecurities
 - Self-loathing
 - Guilt and shame

Mindfulness & Self-Compassion

- ⊙ Requires time and effort
- ⊙ Acceptance means choosing to be kind, empathic, and loving toward ourselves
- ⊙ We can learn to ground ourselves in the present moment
- ⊙ Helps us focus on thoughts of acceptance and compassion
- ⊙ Develop empathy & compassion for ourselves → choose to let go of the pain and insecurity that we carry with us

It is not avoidance of painful feelings

- ◎ Self-compassion is a practice of goodwill, not good feelings
- ◎ If we try to make our pain go away by suppressing it or fighting against it, things will likely just get worse.
- ◎ Mindfully accept that the moment is painful & embrace ourselves with kindness and care in response
- ◎ Remember: imperfection is part of the shared human experience.

When We Feel Overwhelmed

- ◎ The most self-compassionate response may be to pull back temporarily
 - Focus on the breath
 - Notice the sensation of the soles of our feet on the ground
 - Engage in ordinary, behavioral acts of self-care
- ◎ By doing so we reinforce the habit of self-compassion – giving ourselves what we need in the moment



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“Mindfulness involves resting our minds in a place where there is no anxiety, no fear...we discover resourcefulness, courage and a quiet happiness.”

~ Jan Chozen Bays, MD

Practice Makes Progress



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?

Resources

- ◎ The CSDC remains available for Telehealth sessions or even a one on one consultation
 - Schedule an appointment by calling our office at 570-577-1604
 - Review our website for more info on our services and staff
- ◎ If you are in distress, a counselor is available after hours 24/7/365 by calling our office at 570-577-1604 and pressing “2” when prompted
- ◎ If you’re looking for a provider to connect with closer to home consider visiting PsychologyToday and use their “Find a Therapist” feature to locate a provider in your area

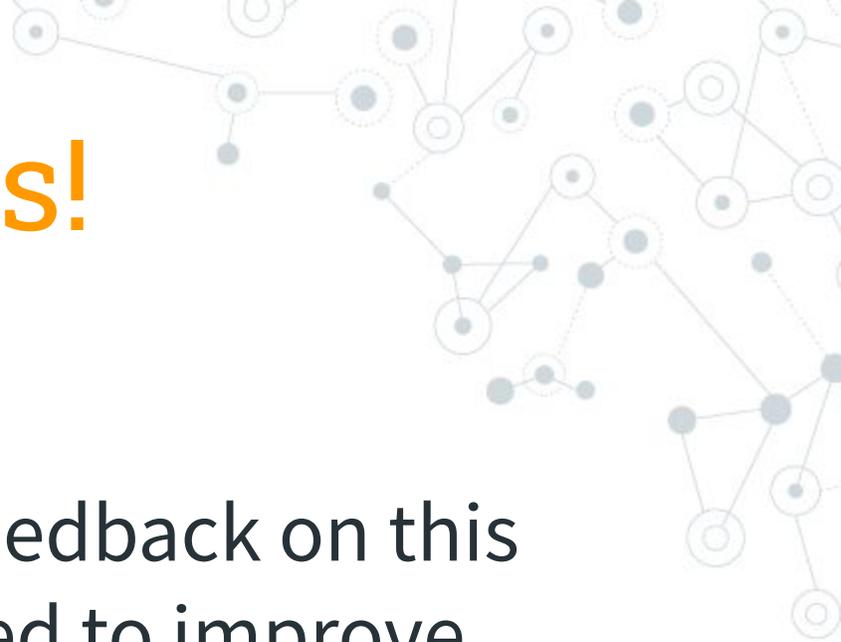
Hotlines

- ⊙ National Suicide Prevention Lifeline – Call 800-273-TALK (8255)
- ⊙ Crisis Text Line – Text HOME to 741-741
- ⊙ National Domestic Violence Hotline – Call 800-799-SAFE (7233)
- ⊙ National Sexual Assault Hotline – Call 800-656-HOPE (4673)

Identity-specific

- ⊙ Students of Color: The Steve Fund - Text STEVE to 741-741
- ⊙ LGBTQ+ Support: Trevor Project - (866)-488-7386
- ⊙ Trans Support: Trans Lifeline - (877)-565-8860

Please share your thoughts!



Please take a 2-3 minutes to give us your feedback on this program. It is greatly appreciated and used to improve future resources.

<https://baseline.campuslabs.com/bucknell/2021oe>

