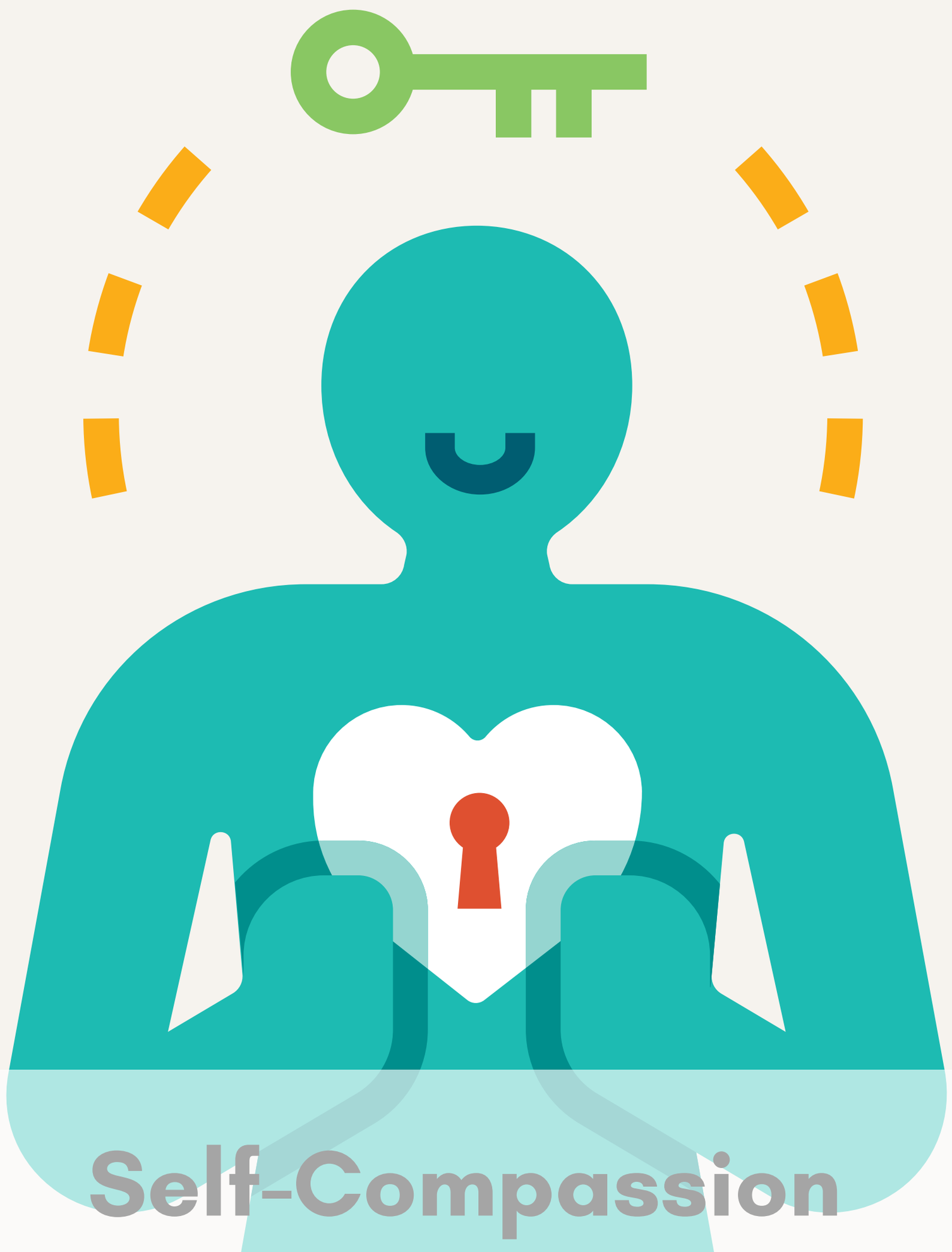
Mind-Easy



Self-Compassion

Having compassion for oneself is not different from having compassion for others.

Self-compassion involves acting towards yourself with compassion when you are having a difficult time, fail, or notice something you do not like about yourself.

Self-Compassion includes 3 main elements.

1. **Notice & Acknowledge the Suffering**

Do not try to deny your suffering

If you saw a friend, family member, or child in pain, you would give them attention rather than pretend they are not in pain.

2. Try to Understand and Validate the Unpleasant Feelings

a. what contributed to the current state?

b. Does it make sense to feel the way you are feeling? Is it based on a series of events?

3. Take action to meet your needs at the moment

Be kind to yourself
Treat yourself with humanity
What does your body need right now?

Avoid blaming or punishing yourself

Try not to get stuck on unpleasant feelings, and redirect attention to your physical needs

Track self-criticism

Reflect on how your self-talk impacts your behaviour and mood.

Practice Self-Compassion

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