



WHAT IS SELF COMPASSION?

**TREATING OURSELVES WITH THE SAME KINDNESS AND
UNDERSTANDING AS WE WOULD TREAT A DEAR
FRIEND WHEN THINGS GO WRONG**

SELF COMPASSION IS NOT

SELF INDULGENT

SELFISH

A FORM OF SELF PITY

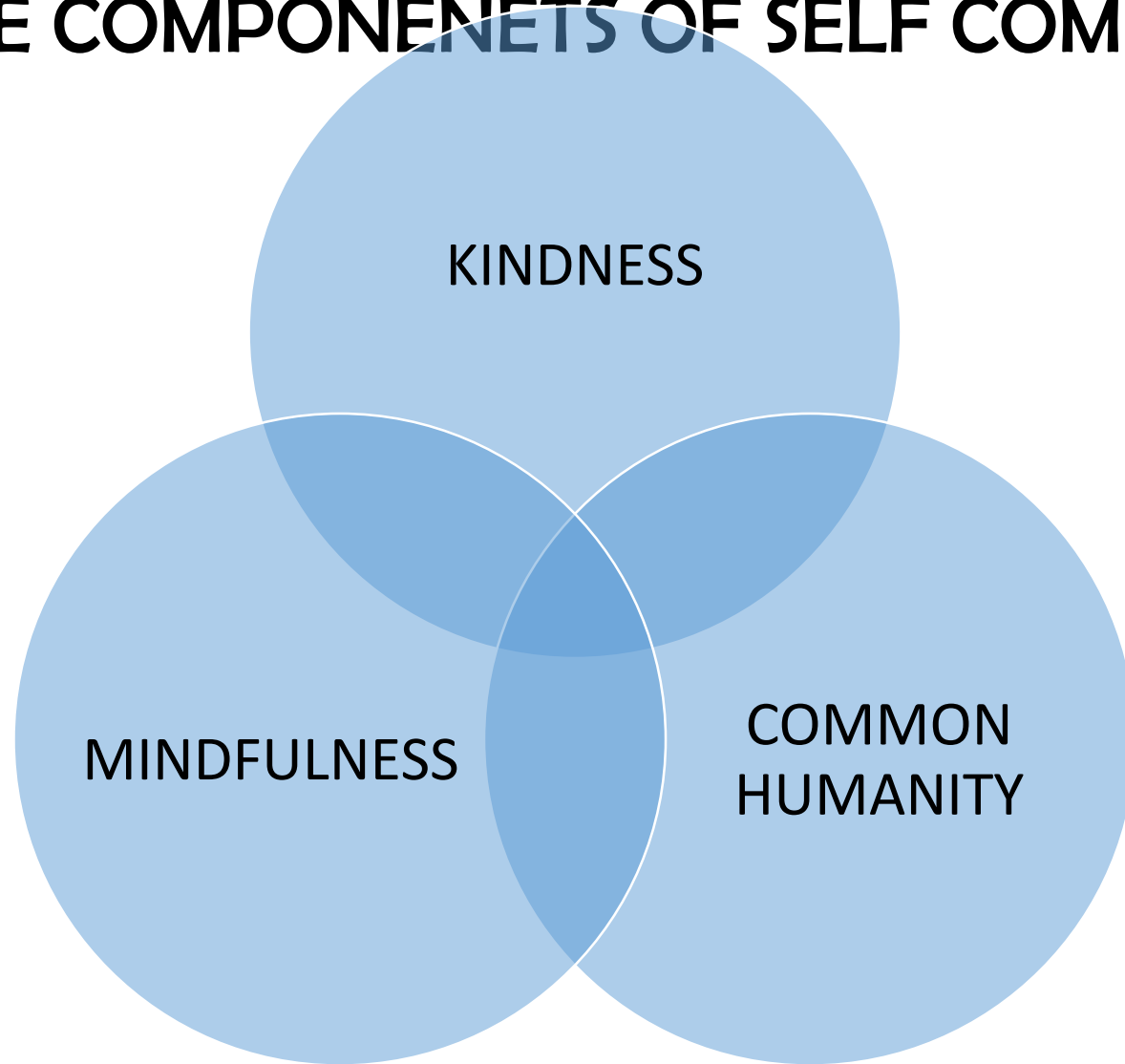
WEAK

HARSH SELF JUDGMENT

MAKING EXCUSES

DEMOTIVATING

THREE COMPONENTS OF SELF COMPASSION



SELF COMPASSION IS GOOD FOR YOU!

INCREASES IN WELL BEING

HAPPINESS, LIFE SATISFACTION, COPING, EMOTIONAL RESILIENCE, EMOTIONAL INTELLIGENCE

DECREASES IN

ANXIETY, DEPRESSION, GUILT AND SHAME

IMPROVED PHYSICAL HEALTH

IMMUNE FUNCTIONING, HEALTHY BEHAVIORS SUCH AS EXERCISE AND HEALTHY DIET

MORE SATISFYING RELATIONSHIPS

COLLABORATIVE AND COMPASSIONATE





PRACTICE

TREAT A FRIEND

**IMAGINE A FRIEND STRUGGLING
WHAT DO YOU DO, SAY, WHAT GESTURES DO
YOU USE?**

**IMAGINE YOURSELF STRUGGLING
WHAT DO YOU DO, SAY, WHAT GESTURES DO
YOU USE?**

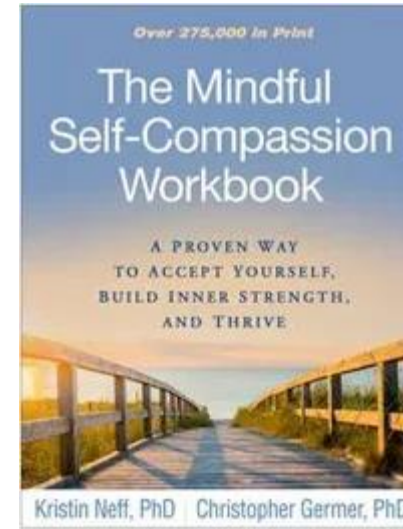
WHAT DID YOU NOTICE?

**WHAT WILL SUPPORT YOU IN TREATING
YOURSELF AS YOU TREAT YOUR FRIEND?**

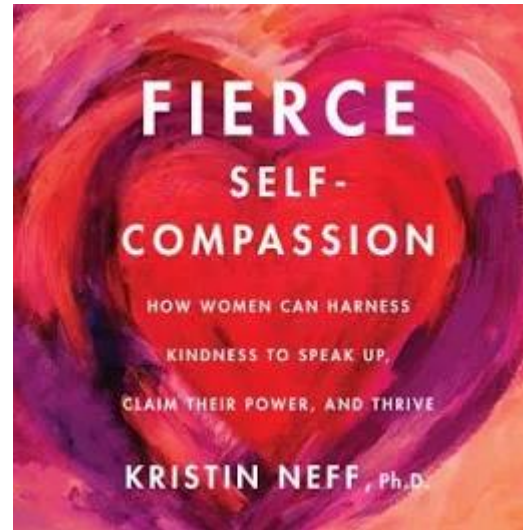
RESOURCES

The Mindful Self Compassion Workbook
By Kristin Neff, PhD and
Christopher Germer, PhD

The Center for Mindful Self Compassion
<https://centerformsc.org/>



Fierce Self Compassion by Kristin Neff



Mindfulness Daily
Free online course with
Jack Kornfield and Tara Brach
<https://www.soundstrue.com/collections/online-learning>



UNIVERSAL EXPRESSIONS OF COMPASSION

(KELTNER, 2009)

WARM GAZE



SOOTHING TOUCH



**GENTLE
VOCALIZATIONS**

