Self-Compassion - Weekly Tip

Self-compassion is showing a positive attitude towards ourselves by recognizing our inability to be perfect and viewing ourselves from a comforting perspective rather than a critical one. Research on self-compassion has reported relationships with reduced anxiety and depression while also increasing mental well-being and happiness. Self-compassion is also linked to reduced burnout among medical professionals

There are three main constructs to self-compassion:

1. **Self-kindness:** Showing kindness and understanding to ourselves when we feel pain or failure. Understanding our unconditional self-worth even when we fall short of our own expectations.
2. **Common Humanity:** Realizing that we are not alone in our shortcomings and bad days. Reminding ourselves that others also have moments where they feel inadequate.
3. **Mindfulness:** Working to control and balance our emotions when something upsetting happens.

A good place to start when practicing self-compassion is to **treat yourself as you would treat a friend** – forgive yourself for making mistakes and care for yourself. The next step is to become more self-aware: recognize your own strengths as well as your shortcomings and accept them instead of judging yourself. Let yourself work on letting go of outside validation.

Self-compassion guided meditations and 8 exercises to help integrate self-compassion into your life can be found here:

WHAT IS SELF-COMPASSION?

Mindfulness
Self-compassion involves recognising when we're stressed or struggling without being judgmental or over-reacting.

Self-Kindness
Being supportive and understanding towards ourselves when we're having a hard time, rather than being harshly self-critical.

Connectedness
Remembering that everyone makes mistakes and experiences difficulties at times. We are not alone!