

Self-Compassion

Self-compassion means **being kind to ourselves**. One way we do this is by knowing that we can't be perfect. Another way is by giving ourselves comfort and support.

Studies have shown that self-compassion improves mental well-being. It can also improve our relationships with others.

There are three main parts of self-compassion:

1. **Self-kindness:** Showing kindness to ourselves when we feel pain or failure. Seeing our self-worth even when we don't reach our own expectations.
2. **Common Humanity:** Remembering that we are not alone in our bad days. Reminding ourselves that others have bad moments too.
3. **Mindfulness:** Working to balance our emotions when something bad happens.

A good place to start is to **treat yourself as you would treat a friend**. For example, forgiving yourself for making mistakes. The next step is to become more self-aware. For example, seeing and accepting your strengths and weaknesses.

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!
