

# Self Compassion

good vibes  
HAPPINESS SERIES

**"Self-Compassion is simply giving the same kindness to ourselves that we would give to others."\*** \*Christopher Germer

**Society demands so much of us - we often fixate on flaws and criticize ourselves harshly. Self-Compassion is a choice to love ourselves, forgive yourself for mistakes and accept all of who you are (even the bits you wish were different).**

**Benefits of Self-Compassion include:**

- **boosting motivation**
- **optimism**
- **happiness**
- **body and self-image**
- **self-worth**
- **resilience**

**Self-Compassion means having patience with yourself during adversity, and talking to and treating yourself with basic respect, even when you feel disappointment or like you have failed.**

**Remind yourself that everyone feels inadequate at times, and that your shortcomings are natural aspects of the human experience. Catch yourself engaging in self-judgement, and practice letting go of critical thinking when it becomes hurtful and unhelpful.**



# Self Compassion

menu of activities

**Try one of these strategies to practice self-compassion.**

**Next time you feel critical of yourself, talk out loud to yourself as if you were supporting your best friend.**

**Replace negative self-talk with hopeful, understanding language. For example: "I'm a failure," becomes "I will learn this."**

**Give yourself permission to feel the feels, and allow yourself the time and space to process. Accept feelings without trying to change them.**

**Hold your hands over your heart for 10 seconds and notice how it makes you feel.**

**Give yourself a hug or cross your arms and rub your triceps for some soothing touch.**

**Console yourself with things that fill your bucket on days where you have struggled. Enjoy a favorite food, environment, show, or activity.**

**Let go of external validation - next time you feel criticized, write down reasons to be proud of yourself.**

**Honor your body and appreciate it for all it accomplishes on a daily basis.**

**Accept past mistakes - forgive yourself by apologizing (to yourself) for it, learning what you can and giving yourself permission to move forward.**