

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



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## **PRACTICING SELF-COMPASSION**

 Varies

 Varies

 Varies

Fold me

Fold me

## WHAT IS IT?

**Self-compassion** is extending compassion to one's self in instances of perceived inadequacy, failure, or general suffering. Research and science tell us that practicing self-compassion will reduce depression, anxiety and stress. People who practice self-compassion sleep better, exercise more and are better able to reach their goals. Self-compassion is different from self-criticism which leads to shame, a debilitating mindset and inhibits our ability to make productive change. Self-compassion is a super power and it's in our back pocket!

**What is it?** There are three main components to self-compassion. 1) Being kind to yourself, 2) being supportive of your feelings, and 3) giving warmth to yourself. It is validating the feelings you are feeling, it is validating that you are not alone, everyone has struggles, and it is giving yourself kindness, which might include giving yourself a hug or putting your hand on your heart.

## HOW DO I DO IT?

Mindfulness is the foundation for practicing self-compassion. Being present with yourself in the moment and allowing yourself to feel what you're feeling. Acknowledge it, honor it, and ask what can I do to help. Think about how you would talk to a dear friend or what a dear friend would say to you. Use that same kind, warm and supportive language when talking to yourself.

## WHY SHOULD I TRY IT?

There are many benefits to practicing self-compassion. It is good for our mental health. We are less depressed, anxious and stressed. It is good for our physical health. People who practice self-compassion sleep better and exercise more. It is good for our learning and reaching our goals, and for building and sustaining relationships. If we are able to be compassionate to ourselves, we are better able to be compassionate with others.

## TAKE ACTION

Practicing self-compassion doesn't make you weak. There is fierce and tender self-compassion. Fierce compassion calls us to be brave, to get up and try again and to take action. Tender self-compassion makes it safe to fail and admits we're human and imperfect and then asks what can I do to help myself. So imagine your fiercest, wisest, most compassionate coach. What would they tell you right now? Open the door walk through!