

Presented by BU Happiness College

Practicing Self Compassion

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Self-compassion involves treating the self with care and concern when considering personal inadequacies, mistakes, failures, and painful life situations

- Positive Psychology





3 Fundamental Elements of Self Compassion

There is strong evidence that self-compassion predicts well-being and resilience. Self-compassion comprises three interacting components: self-kindness, a sense of common humanity, and mindfulness.

Self Kindness



Empty rounded rectangular box for notes related to Self Kindness.

Shared/Common Humanity



Empty rounded rectangular box for notes related to Shared/Common Humanity.

Mindfulness



Empty rounded rectangular box for notes related to Mindfulness.

Developing Self Compassion

**Recognise
Critical/Negative
Self Talk**

**Recognise feelings
of guilt, shame,
restlessness**

**Recognise
behaviours &
reactions**



- What is wrong with me?
- How could I let this happen?
- Why me?
- I can't do anything right
- If I continue like this, I will inevitably fail
- Fool
- A little child could do this better
- And you wonder why you don't succeed?

**Recognise Self-
Compassionate
Talk**

**Recognise feelings
of care, relief,
support, comfort**

**Recognise
behaviours within
our control,
acceptance, let go**

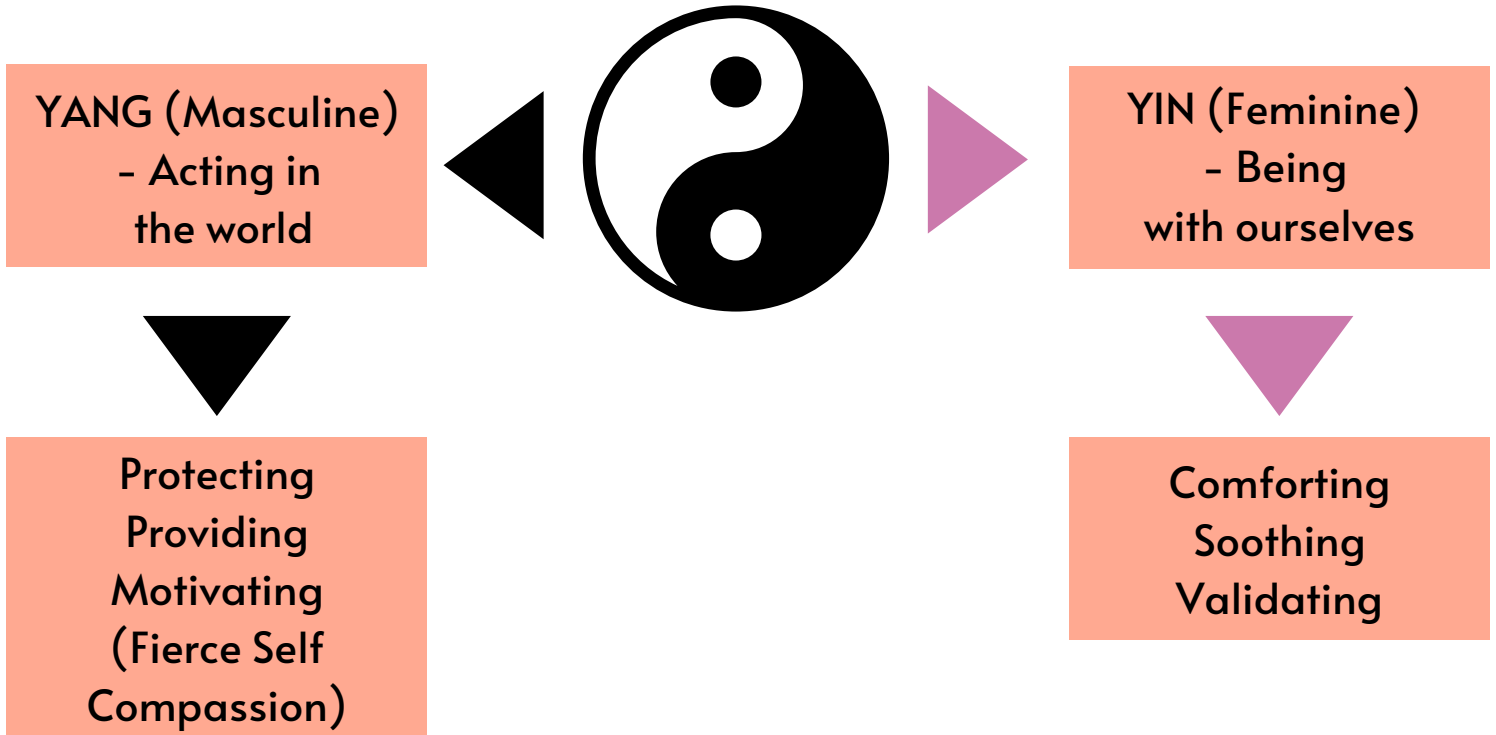


- I tried my best
- I am a human being, just like everybody else
- I never signed a contract to be perfect
- I learned something
- Next time, I will do it differently



Self-Compassion Exercise #1

YIN & YANG of Self Compassion



Step 1.

Recall a situation that you are having difficulty with at the moment. E.g, you may be experiencing stress at work, or you may have had an argument with a family member. Describe this situation in the space below:

Goal

This tool aims to help you develop fierce self compassion



YIN Self Compassion

Step 2. Yin self compassion

Come up with at least one self-compassion actions for each of the three aspects of yin self-compassion regarding your chosen difficult situation:

Comfort: What can I do to take care of my emotional needs?

Soothe: What is one thing I can do to help myself feel physically calmer & more at ease?

Validate: What is one thing I can say to myself to validate my feelings?



YANG Self Compassion

Step 3. Yang self compassion

Come up with at least one self-compassion actions for each of the three aspects of yang self-compassion regarding your chosen difficult situation:

Protect: What is one thing I can do to stop others hurting me or stop the harm I am inflicting on myself?

Provide: What is one thing I can do to give myself what I need?

Motivate: How can I motivate myself with Kindness, support and understanding rather than criticism?



Self-Compassion Exercise #2

Self-care activities are those things we do to take care of our mental, emotional, and physical health. Countless research findings demonstrate the importance of one's ability to attend to and meet personal needs.

For instance, self-care has been found to increase empathy, immunologic functioning, and has been associated with lower levels of anxiety and depression.



Notes:

Goal

This tool aims to help you increase self-care and self-compassion in a creative way. It involves a playful and intuitive search for potential self-care activities that, when completed, can serve as a visual reminder and motivator.



Self-Compassion Self-Care

Emotional self-Care:

- Learn to say “no.”
- Intentionally schedule “me time” on your calendar or planner.
- Reward yourself for completing small tasks.
- Use online tutorials to learn something new.
- Develop a relaxing evening ritual.
- Allow yourself to feel and express all of your feelings (in a safe and appropriate environment).
- Try some mindful exercises to help bring you into the present moment.
- Try some adult coloring as a form of anxiety and/or stress release.
- Remind yourself of the good stuff in life by writing a list of things you're grateful to have.
- Take a moment to allow your feelings to be present without judging them.
- Stop being your harshest critic. Allow yourself to make mistakes.

Physical Self-care:

- Do some stretching exercises.
- Take a walk.
- Drink more water.
- Exhaust yourself physically. Do whatever helps you feel fatigued.
- Get a massage.
- Go out and spend 10 minutes under the sun.
- Go for a bike ride to nowhere in particular.
- Go hiking, camping, or backpacking and spend some time in nature.
- Go to bed early.



Self-Compassion Self-Care

Social self-care:

- Avoid toxic people.
- Ask for help. Let people know you need some help.
- Call a trusted friend or family member and talk things out.
- Choose who you spend your time with today. Spend time with people who are enthusiastic and positive.
- Intentionally reconnect with someone you've lost touch with or have unresolved conflict with.
- Join a support group for people who are going through what you're going through
- Schedule a regular date night with your significant other.
- Take a road trip with your siblings.

Spiritual self-care:

- Make time for meditation in your day.
- Do a 10-minute body scan technique to check in with each part of your body.
- Do something nice for someone in secret.
- Donate money to a charity of your choosing.
- Help someone in some way.
- Find an opportunity to use your strengths, the things that energize you, more often



Self-Compassion Exercise #3

Evaluate & rate your
behaviour rather than self



Step 1: Identify past mistakes. List 1-3 things in your past that you are not proud of or that you wish you did differently.

E.G I forgot my friends birthday

Step 2: Evaluate yourself as a person. For each of the listed mistakes above, evaluate yourself for the mistake made.

E.G I am a terrible friend

Goal

This tool aims to help you differentiate between rating the self and rating behaviour with regards to past mistakes and regrettable actions.

Motivate: How can I motivate myself with kindness, support and understanding rather than criticism?



Self-Compassion Exercise #3

Evaluate & rate your
behaviour rather than self



Step 3: Evaluate your behaviour with regards to the mistakes.

E.G Forgetting my friends birthday wasn't very thoughtful of me

Goal

This tool aims to help you differentiate between rating the self and rating behaviour with regards to past mistakes and regrettable actions.

Motivate: How can I motivate myself with kindness, support and understanding rather than criticism?



Practicing Self Compassion Journal Prompts



- Where could the 3 elements of self compassion be useful for me?
- What could self compassion look and feel like to me?
- Why would self compassion be valuable/important to practice in my growth and wellbeing?
- Where do uncomfortable feelings sit in my body when I try self compassion?
- Why does it feel uncomfortable?
- How could I show up in more compassionate ways for myself aswell as others?



SELF-COMPASSIONATE MOTIVATION

Some people may argue that they need self-criticism in order to motivate themselves and that by cultivating more self-compassion they will become lazy or unmotivated to address their weaknesses.

It is important for people to realize that a self-compassionate individual still evaluates his or her behavior. The difference, however, lies in the starting point for improvement; self-criticism may be a great motivator, but it fuels action mainly by guilt and a fear of failure.

Self-compassion, on the other hand, is fuelled by kindness and encouragement. Moreover, it is important for one's self to realize that self-criticism can hinder self-improvement, as it has been found to be positively associated with rumination and procrastination

- Positive Psychology



A close-up photograph of a person's hands holding a pen and writing in a spiral notebook. The person is wearing a dark-colored shirt. The background is softly blurred, showing what appears to be a window with light-colored curtains.

Key Takeaways

Takeaway 1...

Takeaway 2...

Takeaway 3...