

SELF-COMPASSION

5 WAYS TO PRACTICE SELF-COMPASSION



What is self - compassion ?

- Act of being kind to self when confronted with difficult situations
- The self is offered warmth and unconditional acceptance

Why self-compassion ?

RESEARCH SHOWS:

- Self-compassion - Greater social connectedness, emotional intelligence, happiness, and overall life satisfaction.
- Self-compassion correlates with less anxiety, depression, shame, and fear of failure.



5 WAYS TO PRACTICE SELF-COMPASSION

Think & Speak kindly about yourself

Change your thoughts. ' My behaviour was bad, not me'

Forgive yourself

We all make mistakes. Learn to apologise yourself.

Find common ground with others

Create connections with others. Whatever you're going through is also being experienced by millions of others.

You are not alone!

Express gratitude

Appreciate what you do have or done, right now.

No matter how small it is!

Cultivate acceptance

Focus on accepting the things you cannot change. You will become more content with who you are.