



EMPLOYEE SERIES

Tips for Developing Self Compassion

Self-compassion is extending compassion to one's self in instances of perceived inadequacy, failure, or general suffering. Kristin Neff has defined self-compassion as being composed of three main components – self-kindness, common humanity, and mindfulness.

- ✓ **Giving yourself permission to be kind to yourself.**
- ✓ **Notice how you speak to yourself.** Ask yourself if this is what I would say to a close friend?
- ✓ **Am I treating myself the same way I would a close friend or family member?**
- ✓ **Write yourself a letter the same one you would send to a friend in need of comfort.** This way you could go back and re read it yourself when you need.
- ✓ **Give yourself a physical gesture of comfort.** E.g. – put both hands on your heart or your tummy and gently rub and soothe, cuddle a soft toy.
- ✓ **Common humanity.** E.g. – perceiving your shortcomings as natural aspects of the human condition, viewing your difficulties as “part of life that everyone goes through”, reminding yourself that others also feel inadequate at times.
- ✓ **Using “releasing statements”.** E.g. – instead of “I am such a horrible person” to “Its okay to feel upset”.
- ✓ **Self-accepting.** Embracing your short comings instead of judging or criticizing.
- ✓ **Practice mindfulness.** Some websites that have useful resources:
 - [Self-Compassion.org](https://www.self-compassion.org/)
 - [Chrisgermer.com](https://www.chrisgermer.com/)
 - [CenterforMSC.org](https://www.centerforMSC.org/)
 - [Centre for Clinical Intervention](https://www.centreforclinicalintervention.com/) (CCI)
 - Understanding, barriers to, and preparing for self-compassion – introductory modules.
- ✓ **Gaining perspective.** Relying less on outside validation, choosing not to rely on our happiness from outside influences.
- ✓ **Seeking healthy support to help put things in context.**

Reference:

<https://positivepsychology.com/how-to-practice-self-compassion/>

If you would like to book an appointment and /or speak with one of our Counsellors, it's as easy as calling 1300 66 77 00 or New Zealand 0800 327 669 or visit our website www.accesswellbeingservices.com.au