

Practical Ways to Build Self-Compassion

Building self-compassion means treating yourself with the same kindness and understanding that you would offer a friend. It helps you navigate challenges with greater resilience and reduces self-criticism.



Speak to Yourself with Kindness: Notice how you speak to yourself and consider whether you would say the same things to a close friend. Reframing negative thoughts with more compassionate language can make a significant difference. Writing yourself a supportive letter—one you can revisit when you need reassurance—can also be a helpful practice.

Offer Yourself Comfort: Using physical gestures can be grounding and soothing. Placing a hand on your heart or embracing a soft item can create a sense of calm. Deep breathing and engaging in activities that bring comfort can also help reinforce feelings of safety and self-care.

Recognise Common Humanity: Everyone experiences setbacks and moments of self-doubt. Reminding yourself that challenges are part of the shared human experience can help shift your perspective and reduce feelings of isolation. Viewing difficulties as something all people go through can make them feel less overwhelming.

Use Releasing Statements: Reframing your thoughts can create a more compassionate mindset. Instead of thinking, "I'm a terrible person," try shifting to, "It's okay to feel upset." Acknowledging your emotions without judgment can help you process them in a healthier way.

Embrace Self-Acceptance: Rather than focusing on self-criticism, practice embracing your imperfections. Recognising that mistakes are part of learning and growth can help you move forward with greater resilience and self-compassion.

Practice Mindfulness: Being present and aware of your emotions without judgment allows you to develop greater self-awareness. Engaging in mindfulness exercises, such as meditation or deep breathing, can help create space for self-compassion in your daily routine.

Resources for Further Support

[Self-Compassion.org](https://www.self-compassion.org)

[Chrisgermer.com](https://www.chrisgermer.com)

[Center for MSC](https://www.centerformsc.org)

[Centre for Clinical Interventions \(CCI\)](https://www.cci.org.au)

[Positive Psychology – Self-Compassion Guide](#)

To book an appointment with one of our counsellors, call or scan the QR Code



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