# MENTAL HEALTH MOMENT

ADULT AND CHILD HEALTH

THE POWER OF SELF- COMPASSION

Self- Compassion

is treating oneself with patience, kindness, and understanding in instances of perceived failure or general suffering.

Forgiving and nurturing yourself can set the stage for better health, relationships, and general well being. Some people come by self-compassion naturally, others have to learn it. Luckily, it is a learned skill.
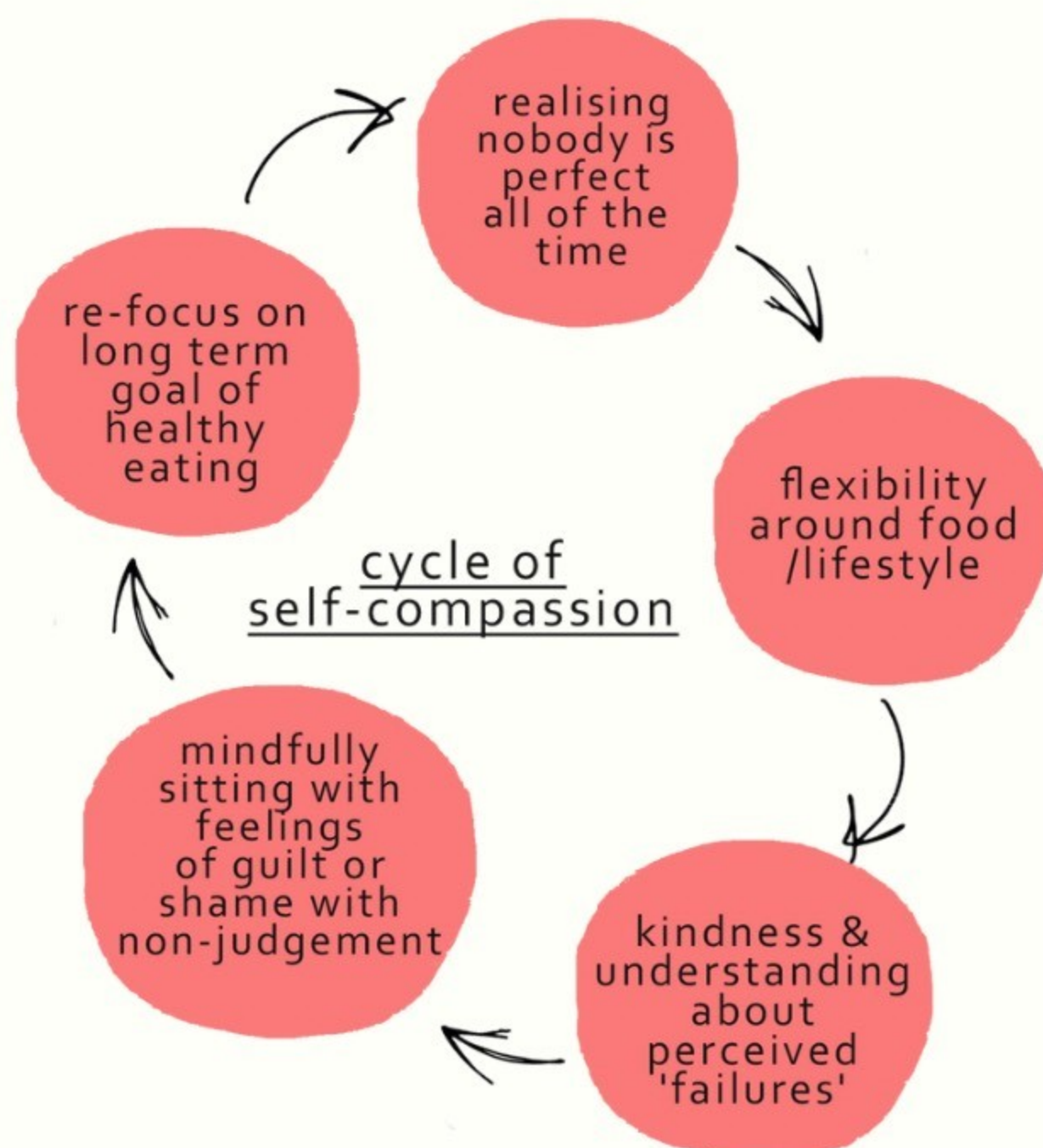
BENEFITS OF SELF-COMPASSION

LOWERS LEVELS OF ANXIETY AND DEPRESSION

BOOST IN FEELINGS OF SELF WORTH AND RESILIENCE

INCREASED MOTIVATION TO IMPROVE ON MISTAKES

INCREASE IN OVERALL HEALTH

cycle of self-compassion

- realising nobody is perfect all of the time
- flexibility around food /lifestyle
- kindness & understanding about perceived 'failures'
- mindfully sitting with feelings of guilt or shame with non-judgement
- re-focus on long term goal of healthy eating

BE KIND TO Yourself

PRACTICING SELF-COMPASSION

Scientists identified three components of self-compassion, which resonate well with traditional Buddhist teachings, and can serve as a guide to your practice.

Self-kindness
Express love and acceptance towards yourself.

Mindfulness
Use your breath to become aware of what's going on inside, without judgement.

Connectedness
Extend your awareness to all beings, and acknowledge that everyone goes through difficult experiences.

- Reduces stress, anxiety and depression
- Increases well-being
- Helps resilience and conflict management

Loving Mindful

Self-Compassion check-in

- [ ] **LEARN TO SAY "NO"**
- [ ] **SCHEDULE "ME" TIME**
- [ ] **REWARD YOURSELF FOR COMPLETING SMALL TASKS**
- [ ] **PRACTICE DEEP BREATHING**
- [ ] **TAKE A WALK**
- [ ] **CATCH UP WITH A FRIEND**
- [ ] **SPEND TIME OUTDOORS**
- [ ] **LEARN SOMETHING NEW**

5 ways to bring self-compassion into your life

1. COMFORT YOUR BODY: Eat something healthy. Lie down and rest your body. Take a walk. Do yoga in the mornings. Anything to improve how you feel physically gives you a dose of self compassion.
2. WRITE A LETTER TO YOURSELF: describe a situation that caused you to feel pain or sadness. Write a letter to yourself describing the situation without blaming anyone. Acknowledge your feelings.
3. GIVE YOURSELF A BREAK: take time for you and focus on what you enjoy doing the most! This helps relieve stress.
4. PRACTICE MINDFULNESS: this is the nonjudgmental observation of your own thoughts, feelings, and actions, without trying to suppress or deny them.
5. POSITIVE AFFIRMATION: replacing negative automatic thoughts with self-compassion internal dialogue allows you to become more aware of your thought patterns and feelings.

HOW TO PRACTICE COMPASSION
(for yourself)

Be aware of what you tell yourself.

Practice empathy for your choices.

Comfort yourself.

Let go of the past.

love

Own your mistakes.

Forgive yourself.

How would you treat someone else?

Practice positive and encouraging self-talk.

BlessingManifesting

ADULT & CHILD HEALTH

Kendrick Foundation

SOURCES

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