



Practice

SELF- COMPASSION

This week's Nook activity is here!

Pick up a printed copy of our step-by-step guide outside of the OHP or swipe through our Instagram/Facebook story to learn more!

Self-compassion involves treating oneself with kindness and understanding, especially during challenging times.

Ask yourself, "how would I talk to a friend in need of support?" Research indicates that replacing criticism with self-compassion and understanding can increase resilience, strength, and happiness.



There are 3 elements to self-compassion:

1. **Mindfulness:** allows you to recognize and acknowledge your suffering without judgement
2. **Common Humanity:** reminds you of your connections with others to help alleviate feelings of loneliness and isolation
3. **Self-kindness:** the active expression of caring toward the self



SELF-COMPASSION GUIDE



- 1 Think of a situation in your life that is causing you stress or difficulty.
- 2 Call that situation to mind and see if you feel emotional discomfort or stress in your body.
- 3 Acknowledge to yourself, "This is a moment of suffering." This is a form of mindfulness, where you are noticing your emotions in the moment, but without judgement. It might be helpful to say to yourself, "this is stress" or "this is pain."
- 4 Say to yourself, "I'm not alone." Through this statement, you recognize your common humanity with others such that everyone struggles and it is normal to go through difficult times.
- 5 Gently put your hands over your chest and express self-kindness. Some examples include, "May I accept myself as I am," "May I forgive myself," "May I be strong," or another phrase that speaks to your particular struggle.