



The beauty of being kind to yourself

- A guide to practice self compassion in your day to
day life -

@healingtheanxiousmind



What is self compassion?

Before we dive into the practice of self compassion, let's first chat about what components make up compassion itself. These principles were derived from Dr. Kirstin Neff, who is a real trailblazer in the research around self compassion. Here we outline the three components: mindfulness, common humanity and self kindness.

Mindfulness

Recognizing your difficult emotions as they arise in a non judgemental and supportive fashion

Common humanity

Recognizing that you are not alone in your struggles you face or the difficulties you experience

Self Kindness

Recognizing when you need your support and providing that to yourself in times of need

Taking a self compassion break

1. Take a moment to acknowledge this is a moment of suffering. Say it out loud to yourself.

2. Acknowledge you are not alone in this. Connect to that common humanity that it's not just you experiencing this right now.

3. Take this moment to be kind to yourself. Say 'May I be kind to myself in this moment'

4. Now turn inward and ask yourself what you need in this moment. Maybe its just quiet time, or its something more.

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