

MINDWELL

Session #5 Introduction to Self-Compassion

The three key components of self-compassion are **self-kindness**, a sense of **common humanity**, and **balanced, mindful awareness**. Kindness opens our hearts to suffering, so we can give ourselves what we need. Common humanity opens us to our essential interrelatedness, so that we know we aren't alone. Mindfulness opens us to the present moment, so we can accept our experience with greater ease. Together they comprise a state of **loving, connected presence**.

Self compassion can be nurturing, validating and comforting, but it also has an 'acting in the world' side where it is protecting, providing and motivating.

Self-Compassion Break

This practice can be used any time of day or night, and will help you remember to evoke the three aspects of self-compassion when you need it most.

Saying to yourself:

1. *This is a moment of difficulty*

That's mindfulness. Other options include:

This hurts. Ouch. This is stressful.

2. *Difficulty is a part of life*

That's common humanity. Other options include:

I'm not alone. Just like me. This is how it feels when people struggle in this way.

Now, putting your hands over your heart, feeling the warmth of your hands and the gentle touch of your hands on your chest. Or adopt the supportive touch (or bring to mind the supportive image) you discovered that felt right for you.

And saying to yourself:

3. *May I be kind to myself*

...or another way of saying this is **"May I give myself what I need"** or **"I've got your back"**

Perhaps seeing if there are any particular words of kindness and support that you need to hear right now as you are going through this difficult situation.

Some options may be: May I give myself the compassion that I need; May I learn to accept myself as I am; May I forgive myself; May I be strong; May I be patient; May I have the courage to... now as you are going through this difficult situation.

