

## - SELF-COMPASSION -



### WHAT

**Self-compassion is a way of being kind and accepting towards our constantly changing selves - especially when we make mistakes or feel inadequate.**

### WHY

People who treat themselves with self-compassion are:

- + happier and feel more positive about themselves (less judgmental)
- + better able to cope with stress, anxiety and depression
- + motivated and focused on their goals
- + resilient and bounce back from setbacks and failures
- + more understanding and forgiving of themselves and others which helps to build stronger relationships

As we become more self-compassionate, we extend that compassion to others and ultimately contribute to creating a more kind, just and humane world.

### HOW

When things feel hard, aren't going the way we want or we feel like we failed, take a self-compassion break. Use the following worksheet with any student who could benefit from more self-compassion or use it with your whole class to practice walking through the 3 steps to together.

# SELF-COMPASSION BREAK

## STEP 1:

**NOTICE & NAME** how you are feeling, what you are thinking about yourself or how you are treating yourself. Our self-talk can often give us clues to how we are feeling or what we are thinking.

Choose one:

- + I'm feeling \_\_\_\_\_
- + I'm thinking \_\_\_\_\_  
(e.g. *my self-talk sounds like*)
- + I'm being hard on myself when I \_\_\_\_\_  
(e.g. *what I'm doing/how I'm treating myself*)

## STEP 2:

**PICTURE A CLOSE FRIEND** and imagine what you would say if they were feeling the way you are, if their self-talk sounded like yours does or if they were treating themselves the way you are. What would you want to express to them? Pick one of the following or create your own compassionate words.

- + "I know you're going through a tough time right now, but you're not alone in this."
- + "It's important to be kind to yourself, even when you make mistakes. Everyone makes mistakes. What matters is that we learn from them and move on."
- + "You've done hard things in the past. I know you can get through this too."
- + "You're loved and you are important, no matter what you've done or what you're going through."
- + "It's okay to feel down sometimes. Everyone does. You're doing the best you can."
- + "Can you be kind to yourself and give yourself... (e.g. time, space, food, sleep, etc.)"

## STEP 3:

**MAKE FRIENDS WITH YOURSELF** by giving to yourself what you would give to your friend.

Be kind to yourself and remember you are not alone... everyone struggles, makes mistakes and goes through hard things.