



**Cultivating Resiliency in a Crazy World presented by April Hadley, LLMSW
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3 COMPONENTS OF SELF-COMPASSION BY KRISTIN NEFF

Compassion and self-compassion are really no different. For compassion to arise we need to recognize that there is suffering, understand that suffering is a part of our shared human experience and be moved to kindness. The same components are necessary for self-compassion.

Mindfulness

- In order for us to respond to our suffering with compassion, we first have to know we are suffering. Mindfulness allows us to turn toward painful feelings and “be” with them as they are.
- Mindfulness is a balanced state of awareness. We don’t suppress or avoid what we’re feeling, not do we become carried away by the dramatic storyline of what’s happening (a process that can be referred to as “over-identification”).

Common Humanity

- With self-compassion we see our own experience of imperfection as part of the larger human experience. We recognize that everyone suffers, this is normal.
- Often however, when we struggle or fail, we feel something has gone wrong, that this shouldn’t be happening. This creates a feeling of abnormality that is very isolating (as if everyone is leading perfectly normal happy lives, but not me).

Self-Kindness

- With self-compassion, we treat ourselves with kindness, care, understanding and support, just as we would treat a friend we cared about. Most people treat themselves more harshly than this however, saying cruel things they would never say to others.
- Also, compassion entails concern with the alleviation of suffering. This means there is also an action component to self-compassion. It involves actively soothing and comforting ourselves when we’re in pain.

3 PILLARS OF COMPASSIONATE LEADERSHIP BY SEARCH INSIDE YOURSELF

A compassionate leader demonstrates that they “get” the challenges of the workplace through cognitive understanding (mindfulness). A compassionate leader understands the feeling tone of the work environment through emotional understanding (common humanity). Finally, a compassionate leader wants their team to succeed and switches from a “me” mindset to a “we” mindset using motivational connection (kindness).
simple and straightforward way to be kind to yourself.



SELF-COMPASSION BREAK

When you notice that you're feeling stress or emotional discomfort, see if you can find the discomfort in your body. Where do you feel it the most? Make contact with the sensations as they arise in your body.

Now, say to yourself, slowly:

1. **"This is a moment of suffering"**

That's mindfulness. Other options include:

- *This hurts.*
- *This is tough.*
- *Ouch!*

2. **"Suffering is a part of life"**

That's common humanity. Other options include:

- *Other people feel this way.*
- *I'm not alone.*
- *We all struggle in our lives.*

Now, put your hands over your heart, or wherever it feels soothing, feeling the warmth and gentle touch of your hands. Say to yourself:

3. **"May I be kind to myself"**

See if you can find words for what you need in times like this.

Other options may be:

- *May I accept myself as I am*
- *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 safe*

If you're having trouble finding the right words, imagine that a dear friend or loved one had a similar difficulty as you. What would you say to this person? Now see if you can offer the same words, the same message, to yourself. **Write down your reflections.**



WEBSITES: SELF-COMPASSION & GENERAL

Center for Mindful Self-Compassion www.CenterforMSC.org

The Center for Compassion and Altruism and Education www.ccare.stanford.edu

Kristin Neff www.Self-Compassion.org *Recordings available on website

Chris Germer www.mindfulselfcompassion.org *Recordings available on website

Mindful: Taking Time for What Really Matters www.Mindful.org

Center for Mindfulness in Medicine, Healthcare and Society www.UMassMed.edu/cfm

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