

VON Virtual Bereavement Support Series

SELF-COMPASSION AS SELF-CARE

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A small, scruffy brown dog is sitting in a white bathtub. The dog's head and chest are covered in thick, white soap suds. The dog has a white patch on its muzzle and is looking directly at the camera with a calm expression. The background shows the white fixtures of a bathroom.

Self-care is more than bubble baths, manicures, and long walks on the beach. Self-care improves your own health and wellbeing in mind, body and spirit while boosting your resilience to stress through regular skillful actions.

Impact of Self-Criticism

- Distorted perspective of other people's behavior
- Distrustful in relationships – personal & professional
- Impairs clear-seeing when looking for a solution
- Prevents you from speaking up against injustice
- Leads to an ego crash that follows a short-lived high
- Focus on our weakness rather than improving our strengths

(Neff, 2011)



A close-up photograph of a person's hands, wearing a dark, textured sweater, forming a heart shape. The background is softly blurred, showing a person's face and hair. The overall tone is warm and intimate.

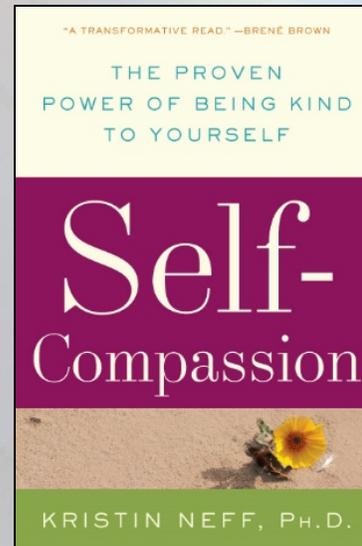
Benefits of Self-Compassion

- Less Anxious & Depressed (Shapira, 2010; Neff, 2009)
- Resilience Against Life Stressors (Wong, 2016; Sbarra, 2012)
- Fewer Negative Emotions (Neff, Rude, Kirkpatrick, 2007)
- Less Resistance to Suffering (Neff, 2003)
- Higher Emotional Intelligence (Leary, Tate, et al., 2003)
- Emotional Coping Skills (Rockliff, Gilbert, et al. 2008)
- Reduces Avoidance Behaviors In PTSD (Thompson, Waltz, 2008)

3 Core Components Of Self-Compassion

“By giving ourselves unconditional kindness and comfort while embracing the human experience, difficult as it is, we avoid destructive patterns of fear, negativity, and isolation.”(Neff, 2011)

- Mindfulness
- Common Humanity
- Self-Kindness



Let's Practice...





Common Humanity Practice

- Imagine being in a room with people struggling just as you are struggling.
- What would you say to them?
- Now offer those words to yourself.

Self-kindness Practice

Write down 1 to 3 sentences that you can memorize and say to yourself to cultivate self-compassion in place of self-criticism.

Keep it in your wallet or purse, or take a picture with your phone, until you know it by heart. Use often!





Mindfulness Practice: R.A.I.N.

- **Recognize** - Acknowledge what you are feeling. What is happening inside me right now?
- **Allowing (Acceptance)** - Be willing to be present to your experience, no matter how unpleasant. Whatever you notice, let it be.
- **Investigate** - Unhook yourself from the object or story, so you can witness the emotion with kindness, and from an unbiased perspective. Mindfulness of body is a great technique here, as is asking yourself “what am I believing to be true?”
- **Nurture** – Offer yourself mercy and care as you would an ideal best friend. Words of kindness, a gentle caress, or an acknowledgement of how hard this is are a few ways to practice.

(RAIN was coined by Michele McDonald)

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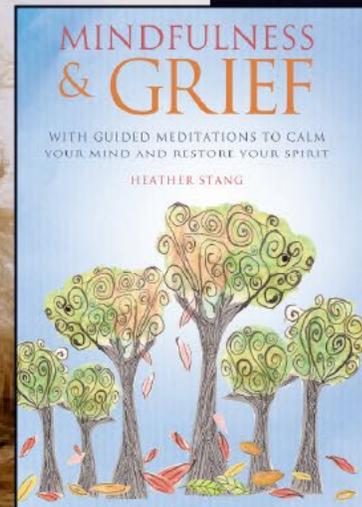


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AWAKEN
meditation for grief & online support

<http://bit.ly/von-self-compassion>



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