

## Developing Self Compassion

“When we’re kind to ourselves, clearly seeing ourselves as part of a larger, interconnected whole, we feel valuable, safe, accepted and secure.” (Neff, 2011, pg.6)

Term break is often a time that you might have a lot of different ideas and plans for what it means for you. There might a critical voice that sneaks in (or yells) that you are not doing enough, you “should” be doing something else, or you “have” to spend your term break in a specific way. What might be more useful is to create space for having self-compassion. Here are some general starting points and question to help you begin the journey towards self-compassion.

- Adopt a nonjudgmental perspective of gentle curiosity of yourself, including of your thoughts, feelings and behaviours. Think about how you talk to yourself internally.
  - What kind of words or statements do you use? How do these make you feel? How different is it from how you talk to or about your loved ones?
- Considering your values and hopes for the reading break. What is important for you to complete? Perhaps it’s a balance of both relaxing and recharging, as well as creating some space for academics or needing to focus on work or volunteering.
- Observe the statements, thoughts or ideas that arise for you throughout the day.
  - How helpful are these in moving you in the direction of your goals? Would you say this to others as encouragement?
- Throughout the day, begin to consciously add statements, questions, or thoughts that are kind, respectful and supportive to yourself. If this is hard for you, think about:
  - What would you say to a close friend, family member or loved one?

### Other ideas and resources:

- Try listening and engaging in free [self-compassion guided meditation and exercises](#) daily. There are many different [free exercises](#), find one that works for you!
- Try journaling or spending time thinking about areas of appreciation or gratitude for yourself
- Further your understanding of what self-compassion is through different videos:
  - [The space between self-esteem and self-compassion](#)
  - [Dare to rewire your brain for self-compassion](#)

### References

David, S. (2020, February 21). How to be kinder to yourself. Retrieved June 23, 2020, from <https://ideas.ted.com/how-to-be-kinder-to-yourself-self-compassion/>

Neff, K. (2011). Self-compassion, self-esteem, and well-being. *Social and Personality Psychology Compass*, 5(1), 1-12. doi: 10.1111/j.1751-9004.2010..00330.x