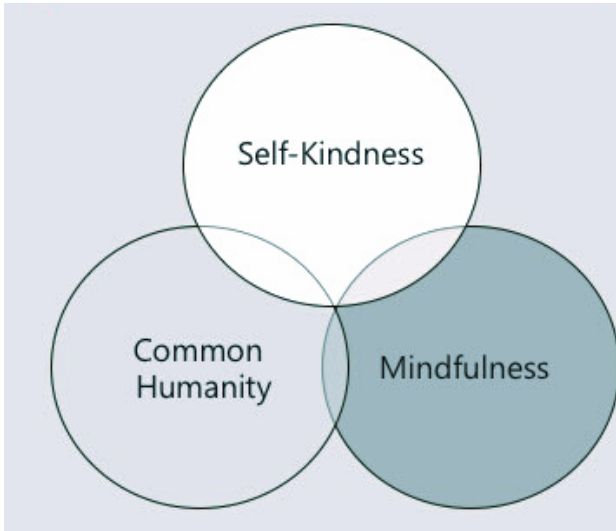




Mindful Self-Compassion

At-a-glance guide for a mindful journey to self-kindness

WHAT ARE THE 3 MSC COMPONENTS?



Self-kindness: extending kindness and understanding to yourself rather than harsh self-criticism and judgement. **Common Humanity:** seeing your experiences as part of larger human experience rather than separating and isolating. **Mindfulness:** holding your painful thoughts and feelings in balanced awareness rather than overidentifying with them.

HOW DO I TREAT A FRIEND ?

Self-compassion involves responding in the same supportive and understanding way you would with a good friend when you have a difficult time, fail, or notice something you don't like about yourself.

What do you say? What tone do you use? How is your posture? Nonverbal gestures?



WHAT DO I NEED RIGHT NOW?

Being with yourself in a compassionate way: comforting your emotional body, soothing your physical body, & validating your situational struggle. **Acting in the world in a compassionate way:** protecting yourself from harm, providing yourself what you really need, & motivating yourself.



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HOW TO EVOKE COMPASSION ?



What touch do I need to feel safe and comforted? By putting one or two hands on our physical body (e.g. hands over your heart or giving yourself a hug) in a warm, caring, and gentle way, we can help ourselves to feel safe and comforted. The invitation is to find a manner of physical touch that feels genuinely supportive, so that you can use this gesture to care for yourself whenever you're under stress.

WHAT IS MINDFULNESS?

*Mindfulness means **paying attention in a particular way**: on purpose, in the present moment, and nonjudgmentally.*

Practice steps: 1. Set aside some time. 2. Observe the present moment as it is. 3. Let your judgments roll by. 4. Return to observing the present moment as it is. 5. Be kind to your wandering mind and yourself.



HOW TO EMBRACE THE GOOD?



*Cultivate positive emotions through savoring and gratitude. **Savoring** involves noticing and appreciating the positive aspects of life—taking them in, letting them linger, and then letting them go. **Gratitude** involves recognizing, acknowledging, and being grateful for the good things in our lives.*