why practice self-compassion?

Research shows that self-compassionate people are more likely to...

- be able to bounce back from tough situations like crisis, divorce, or trauma.
- engage in perspective-taking, rather than getting lost in their own distress.
- be more compassionate towards others and compromise in relationship conflicts.
- take personal responsibility for their actions rather than blaming others.
- engage in healthier behaviors like exercise, eating well, drinking less, and going to the doctor.
- be more resilient and more motivated to improve after challenges and failure.

To learn more information about research, to take the quiz, and to find guided practices, visit self-compassion.org.

To learn more about our customized workplace workshops and classes, contact Christy Cassisa, JD christy@instituteformindfulworks.com

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Self-Compassion is comprised of 3 elements:

1. **Self Kindness**
   - Having the strength & courage to put yourself on the priority list.
   - Demonstrating fierce motivation in making necessary changes.
   - Offering yourself the same kindness that you would to a dear friend who was struggling.
   - Acknowledging when failure or struggle hit, rather than avoiding or ignoring.
   - Treating a mistake as a learning opportunity rather than a defeat.
   - Taking care of yourself. Put on your own oxygen mask first!
   - Labeling your emotions so you gain perspective and don't get lost in them.
   - Asking yourself "what do I need right now?" And answering for your long term health & benefit, not short term pleasure or gain.
   - Owning your mistakes and taking responsibility for your actions, while not berating yourself for them.
   - Remembering that you're not the only one who struggles, makes mistakes, and fails. You are not alone. You are human.

2. **Common Humanity**
   - Acknowledging that you're not the only one who struggles, makes mistakes, and fails. You are not alone. You are human.

3. **Mindfulness**
   - What is self-compassion?