

## Mindfulness and Self Compassion

- Tools for Your Mental Health
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# Introduction



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## What is Mindfulness?

- Being aware
- Of what's happening in THIS moment
- With acceptance



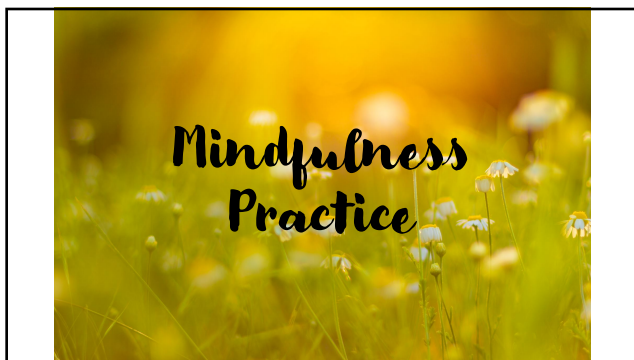
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## What Mindfulness Isn't

- It's not imagining a happy place
- It's not about thinking about things
- It's NOT about NOT having thoughts
- It's not about being calm or being relaxed
  - Although, when you practice it, you may become more calm and relaxed

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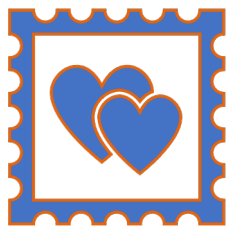
## Mindfulness Practice



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## What is Compassion?

- Noticing suffering
- Being moved in your heart by the suffering
- Feeling kindness toward the sufferer
- Knowing that suffering, failure, and imperfection is part of our shared human experience.



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## What is Self Compassion

- Instead of mercilessly judging and criticizing yourself for various inadequacies or shortcomings, self-compassion means you are kind and understanding when confronted with personal failings - after all, who ever said you were supposed to be perfect?
  - Kristin Neff

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## Why Self Compassion?

- Self judgment and beating one's self up do not work.
- Self judgment is associated with depression and anxiety.
- Self compassion is associated with feeling content and happy.
- Self compassion does not make you settle for less, or be less motivated.

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## Three Elements of Self Compassion

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Self Kindness vs Self judgment  
Accept with kindness that things are often not the way we want.

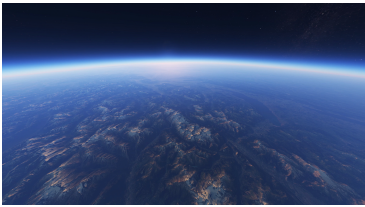
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Connection vs Isolation  
Suffering can make us feel alone. But we are not alone because all humans suffer.

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Mindfulness vs Identification  
Be mindful of our emotions, without suppressing or holding on to them. Remember that all humans have these same

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**Cultivating Self Compassion through Lovingkindness**

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## Take a Self Compassion Break

- This is a moment of suffering.
- Suffering is a part of life.
- May I be kind to myself in this moment.



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