

In our own words

“Self-compassion can be empowering – it can build us up in a positive way.” – Ivan

A favourite quote from Pema Chodron, “Having compassion starts and ends with having compassion for all those unwanted parts of ourselves, all those imperfections that we don’t even want to look at. Compassion isn’t some kind of self-improvement project or ideal that we’re trying to live up to.” – Patrizia

“I think people often associate having self-compassion with being self-centered, when in reality it is incredibly valuable in working towards accepting ourselves.” – Tara

“Self-compassion is seeing ourselves through our friends’ eyes.” – Patrizia

“Learning to extend that compassion towards ourselves can make our souls feel lighter.” – Ivan



Image: Designed for you to colour by Ivan Duguay

This brochure was created by Patient and Family Collaborative Support Services (PFCSS) in partnership with the Peer Advisory Council, Mental Health and Addiction Program.

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Strategies for Positive Living

*“And I said to my body softly, ‘I want to be your friend.’ It took a long breath and replied, ‘I have been waiting my whole life for this.’”
– Nayyirah Wahee*

Self-care
Meditation
Reciprocity Kindness
Understanding Healing
Self-fulfilling
Self-compassion
Peace Self-expression
Nurture Mindfulness Prayer
Acceptance Empathy
Happiness
Humanity



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What is self-compassion?

“Compassion is the ability to show empathy, love, and concern to people who are in difficulty, and self-compassion is simply the ability to direct these same emotions within, and accept oneself, particularly in the face of failure.”
(www.goodtherapy.org)

The three components of self-compassion:



Mindfulness: Being non-judgmental when difficult feelings arise, and observing these emotions without becoming lost in them.

Common Humanity: Recognizing that we all suffer and we are not alone in this suffering.

Self-Kindness: Practicing acceptance and understanding when we make mistakes or feel inadequate.

How to be kinder to yourself

Being kinder to ourselves can be difficult. The following activities will help show you how you can be kinder to yourself.

1. How would you treat a friend?

Would you tell a friend that they are a worthless slob? Likely not, or you may end up with no friends. Why not try being as kind to yourself as you would be to a good friend?

2. Notice your self-talk.

Do you notice that your self-talk is very negative? If so, you're not alone. Write down the situation that you are struggling with, and then split the page into three columns: what you would say to yourself, what you would say to a good friend, and what you would say to a small child. Remind yourself to be kind to yourself, your inner child.

3. Using imagery, illustrate what compassion means to you.

Draw, paint, collage, whatever inspires you. There's no limit or right or wrong image. This is entirely your image and you can reference your art at any time.

Benefits of self-compassion

Research shows that there are many benefits to being kinder to yourself. These include:

- Improved well-being with positive moods
- Lower levels of depression and anxiety, with less ruminative thoughts
- More satisfied with life
- Better able to manage and cope with life stressors
- Stronger interpersonal relationships, feeling more connected and accepting
- Increase in both emotional and physiological health due to the reduction of the stress hormone cortisol

References:

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