



Wellbeing  
& Recovery  
College



Midlands Partnership  
NHS Foundation Trust  
*A Keele University Teaching Trust*

# Learn to Awaken Self-Compassion

## Session 1

# Group Welcome

- Come with an open mind and an open heart
- Online life reflects real life; be who you want to be
- We can agree to disagree
- Keep a learning focus
- Share to help others learning
- Be Mindful of other students and their experiences
- Be present
- Chat
- Recovery Education – a supportive group




# Our Aims for the Course

- To understand what self-compassion is
- To look at the benefits and obstacles of self-compassion
- To explore different approaches and practices
- To develop a self-compassion practice





# Our Aims for Week 1

- To look at what self-compassion means and what a self-compassion practice can look like
  - To understand why self-compassion is beneficial to wellbeing
  - To look at some of the obstacles and misconceptions about self-compassion
  - To gain an overview of the approaches to self-compassion as a practice
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# What is Self-Compassion?

*“Self-compassion involves the capacity to comfort and soothe ourselves, and to motivate ourselves with encouragement, when we suffer, fail, or feel inadequate. Self-compassion is learned in part by connecting with our innate compassion for others, and self-compassion also helps to grow and sustain our compassion for others”*

*Chris Germer*




# What is Self-Compassion?

- ▶ **“With self-compassion, we give ourselves the same kindness and care we’d give to a good friend”**
- ▶ Self-compassion involves acting this way towards yourself when you are having a difficult time, or notice something you don’t like about yourself. Instead of ignoring your pain, you stop to tell yourself “this is really difficult right now,” how can I comfort and care for myself in this moment?

Kristin Neff



# What are the benefits?

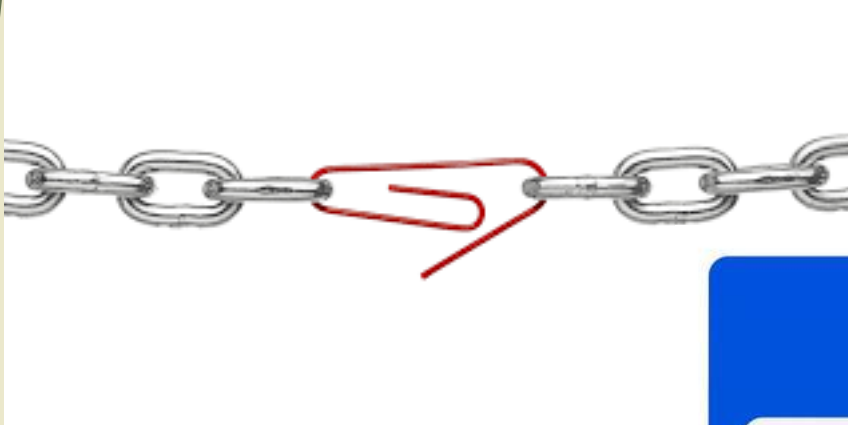
- An increase in overall well-being
  - Increased happiness and optimism
  - A boost in feelings of self-worth
  - Greater emotional resilience
  - Greater overall satisfaction in life
  - More social connections & improved relationships
  - Reduces anxiety, depression and fear of failure
  - Increases motivation
  - Improves body image
  - Reduces self criticism
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# A Self-Compassion Practice

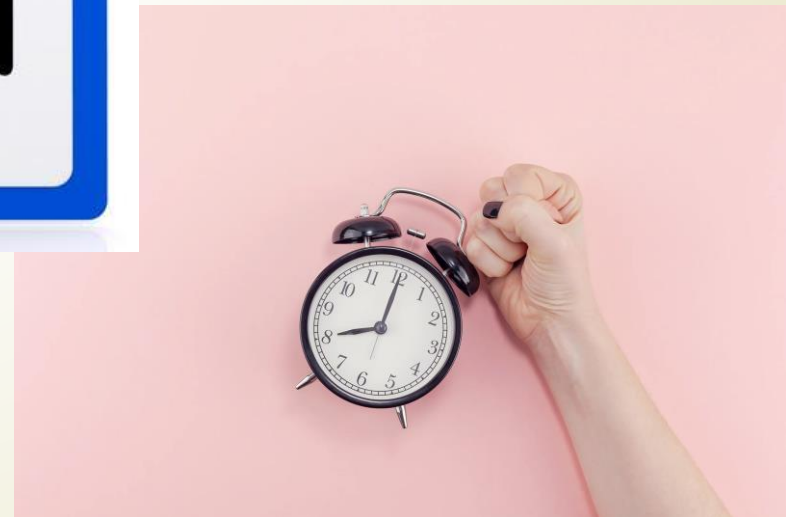




# What are the obstacles to self-compassion?






HELLO  
I am  
**In control**





# Self-Compassion Misconceptions

- ❖ 1. Confusion with self-pity
  - ❖ 2. Self-Compassion is self-indulgent
  - ❖ 3. Confusion with making excuses
  - ❖ 4. Belief that motivation requires self-criticism
  - ❖ 5. Self-Compassion is complacent
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*“One of the greatest blocks to loving kindness is our own sense of unworthiness. If we leave ourselves out of the circle of love and compassion, we have misunderstood”*

Jack Kornfield

# Self-Compassion Loving Kindness Meditation

## METTA

Close your eyes and repeat these 4 phrases:

- *May I be safe.*
- *May I be happy.*
- *May I be healthy.*
- *May I live with ease.*



# Starting a Self-Compassion Practice

- Journal Prompts
- Drawing





# Tips for a Self-Compassion Practice

- ▶ Self-compassion is often a radically new way of relating to ourselves. Research shows that the more we practice being kind and compassionate with ourselves, either using informal practices such as journaling, or formal meditation practices such as loving kindness – the more we'll increase the habit of self-compassion
- Kristin Neff



# Approaches

- ▶ Loving Kindness
- ▶ Shamanic Practices:  
Hawaiian, Native American, Aboriginal, European, Eastern
- ▶ Somatic Movement
- ▶ Mindful Self-Compassion (MSC)
- ▶ The Yin/Tender and Yang/Fierce sides of Self-Compassion
- ▶ RAIN



# Home Practice

Begin a self-compassion practice..

- Formal: Loving kindness meditation
- Informal: Journaling/drawing