



Wellbeing
& Recovery
College

NHS

Midlands Partnership
NHS Foundation Trust
A Keele University Teaching Trust


Learn to awaken Self-Compassion



Session 3



Aims of today's session

- ▶ To understand Mindful Self-Compassion
 - ▶ To explore the Yin and Yang of Self-compassion
 - ▶ To experience the RAIN method
 - ▶ To try Affectionate Breathing
 - ▶ Explore Seasons of Self-Compassion
 - ▶ Summary of tools to take away
 - ▶ Resources
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Mindful Self-Compassion

➤ **Mindfulness is the first step**

Turning with loving awareness towards a difficult experience (thoughts, emotions, and sensations).

➤ **Self-compassion comes next**

Bringing loving awareness to ourselves.

Two Wings of a Bird

- ▶ “Doorways into compassion are presence and awareness, essentially mindfulness. This mindfulness, together with compassion are like two wings of a bird”

Tara Brach

- ▶ Together, mindfulness and self-compassion comprise a state of warm, connected presence during difficult moments in our lives



The Yin and Yang of Self-Compassion... Kristin Neff



The Yin of Self-Compassion


- ▶ 3 Branches:
- ▶ Mindfulness- Awareness of our experience
- ▶ Common Humanity – Shared experience
- ▶ Self Kindness – Offering compassion to our needs





Yin Self-Compassion Activity

Create 3 self-compassion phrases of your own...

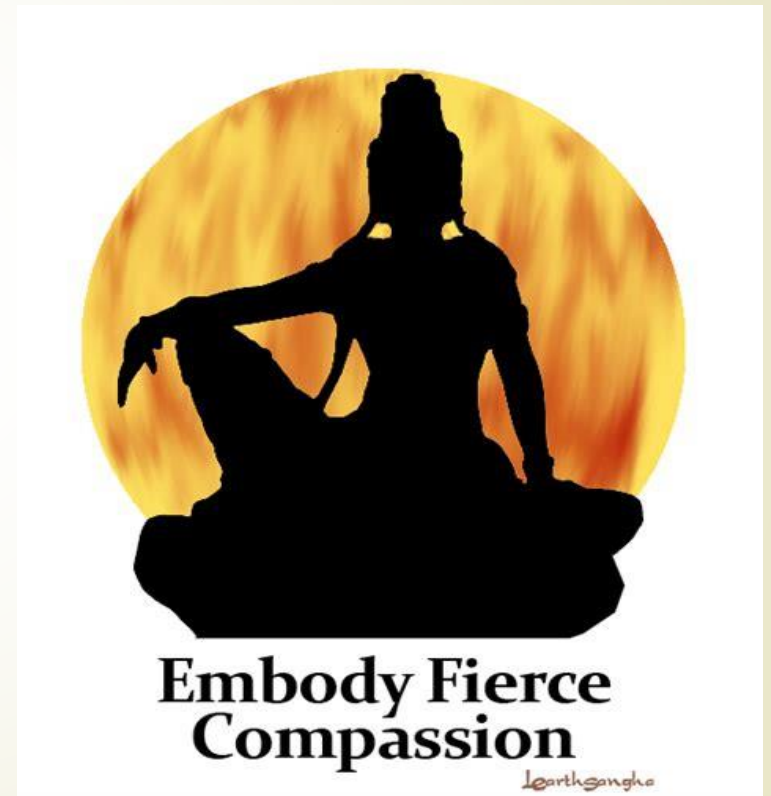
- **Mindfulness:** “This is stressful”, “ I feel.....”
 - **Common Humanity:** “Difficulties are part of life”, “All our experiences are part of being human”
 - **Self Kindness:** “What do I need to comfort myself right now?” , “May I be there for myself”
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The Yang of Self-Compassion

- 3 Branches
- Protecting – setting boundaries
- Providing – giving ourselves what we need
- Motivating – self-belief and encouragement



Yang Self-Compassion Activity



RAIN... Tara Brach

- ▶ R = Recognise (Acknowledge)
 - ▶ A = Allow (Feel it)
 - ▶ I = Investigate (Curiosity)
 - ▶ N = Nurture (Offer kindness)
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- ▶ After the Rain...



Affectionate Breathing




Seasons of Compassion





Self-Compassion Tool Kit

- ▶ Loving Kindness Meditation
 - ▶ Ancient Cultural Approaches
 - ▶ Somatic Movement
 - ▶ Yin -Self-compassion Break
 - ▶ Yang - Embodying the fierce side of Self-compassion
 - ▶ RAIN
 - ▶ Affectionate Breathing
 - ▶ Seasons of Self-Compassion
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Resources - Books

- ▶ Kristin Neff [Self-Compassion: The proven power of being kind to yourself](#)
- ▶ Kristin Neff (2021) [Fierce Self-Compassion: How Women Can Harness Kindness to Speak Up, Claim Their Power, and Thrive](#)
- ▶ Kristin Neff & Chris Germer (2018). [The Mindful Self-Compassion workbook: A proven way to accept yourself, find inner strength, and thrive](#)
- ▶ Chris Germer (2009). [The mindful path to self-compassion: Freeing yourself from destructive thoughts and emotions](#)
- ▶ Tara Brach – [Radical Compassion, Radical Acceptance](#)
- ▶ Pema Chodron (1991) [–Awakening Loving Kindness](#)
- ▶ Jack Kornfield (2008) [–The Wise Heart](#)
- ▶ Thich Nhat Hanh (2014) [–How to Love](#)

Resources - Useful Links

- ▶ Kristin Neff: <https://self-compassion.org/>
- ▶ Jack Kornfield: www.spiritrock.org
- ▶ [RAIN Meditation For Difficult Emotions Or Feelings | Cultivate, Insight Timer](#)
- ▶ [Tara Talks: The RAIN of Self Compassion - Tara Brach – YouTube](#)
- ▶ [How Mindfulness Empowers Us: An Animation Narrated by Sharon Salzberg – YouTube](#)
- ▶ <https://soundcloud.com/jack-kornfield/mindful-loving-witness-meditation-jack-kornfield>