

A scenic view of a coastline. In the foreground, a large tree with green and yellow leaves frames the top and right sides of the image. Below the tree, there is a dense field of green ferns. In the background, a body of water (likely the ocean) stretches across the middle ground, with a rocky shoreline visible. The sky is a clear, bright blue. A white rounded rectangle is centered over the image, containing the text "Self-Compassion".

# Self- Compassion

@shannon\_counselling



## *Definition*

American psychologist Dr. Kristin Neff has defined self-compassion as being composed of three main elements:

1. Self-kindness
2. Common humanity
3. Mindfulness.



@shannon\_counselling

Somewhere along the way in our  
lives we recruit a pretty tough  
critic or bully. That critic/bully  
can say some *pretty awful* things  
about us...



@shannon\_counselling

Even if that's something you've never noticed, I'd encourage you to listen to your thoughts in moments where you've made a mistake.

Repeat them out loud to yourself. People are often surprised to hear the severity of the criticism they give themselves!



@shannon\_counselling

There's a common belief that this  
critic/bully's role is to motivate us to  
be better.

Research has found that it actually  
has the *opposite* effect.



@shannon\_counselling

Originally derived from aspects of Buddhism. Dr. Kristen Neff pioneered the self-compassion movement.

What Kristen and her team found was that people who were highly critical of themselves:

1. Have a heightened fight or flight response
2. Have higher levels of stress
3. Have higher levels of shame
4. Are more likely to be depressed



@shannon\_counselling

A mixture of those 4 components  
combined make people feel *less*  
motivated and *less* likely to make  
positive change.



@shannon\_counselling

They found that practicing self-compassion releases hormones that help foster feelings of emotional safety.

More compassionate people were less likely to feel stress, anxiety, and depression and were *more* motivated.

They also concluded that self-compassion is *strongly* related to mental well-being.

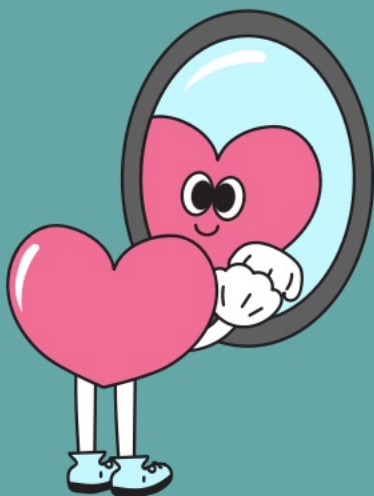


@shannon\_counselling



*So try and be your own best mate!*

Not only does it feel nicer, it's  
scientifically proven to improve your  
wellbeing and help you make  
positive change.



@shannon\_counselling

If you are interested in learning more, visit Dr. Kristen Neff's website at [www.self-compassion.org](http://www.self-compassion.org)

Kristen also delivered an informative Ted Talk that explains aspects of this post in further detail. You can find it on YouTube by searching "The space between self-esteem and self compassion".



Dr. Kristen Neff



@shannon\_counselling