

Tell us what you think!



## SELF-COMPASSION MEDITATION STRATEGY POSTCARD

Check out the evidence!

### What is self-compassion?

Self-compassion entails being **kind** and **understanding** towards ourselves when we fail or suffer, as opposed to being critical towards ourselves or ignoring our pain.<sup>1</sup>



One way to enhance our self-compassion is by practicing **self-compassion meditation**.



### Research evidence for effectiveness

**Common Myth:** Self-compassion makes us weak or is a way to “let ourselves off the hook”; however, it actually has the **opposite effect!**

Research has found that self-compassion is a powerful source of coping with stressful situations, and can:<sup>2-5, 8</sup>

#### PROMOTE

↑ Motivation  
↑ Resilience

↑ Positive Emotions

#### DECREASE

↓ Depression  
↓ Anxiety

↓ Unhealthy Coping

### How to practice self-compassion?<sup>7</sup>

At first, try using a **brief, 5-min guided self-compassion meditation audio recording**.



It's important to find an audio that appeals to you, so feel free to search for other guided recordings online!



**Listen to the self-compassion meditation guided audio**



### When to use self-compassion meditation?



Try setting aside **specific days & times** to practice.



Adding a **reminder on our phones** can be helpful!



Practicing **regularly** will make it easier for us to use the strategy during stressful times.

### Tips for practice<sup>6</sup>

**1 Start with others**



It may be easier to send positive feelings towards **others** first, before we start directing those towards **ourselves**.

**2 It may feel weird!**



If this feels weird, that is completely **normal**. Keep practicing and notice how it feels over time.

**3 Remember: Self-compassion is a skill!**



Directing loving and kind thoughts towards ourselves requires **practice**, because we are building an important skill!

### FEEDBACK & CONTACT INFORMATION

EDUCATION  
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MENTAL  
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