

SELF-COMPASSION MEDITATION STRATEGY POSTCARD



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.1

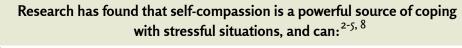


One way to enhance our self-compassion is by practicing self-compassion meditation



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!

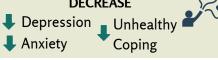




PROMOTE

- ↑ Motivation
- ↑ Resilience
- Positive **Emotions**

DFCRFASE



How to practice self-compassion? ⁷

At first, try using a brief, 5-min guided selfcompassion 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 davs & 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 6



Start with others

It may be easier to send positive feelings towards others first,

before we start directing those



It may feel weird!



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





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

FEEDBACK & CONTACT INFORMATION



towards ourselves.



View the reference list for this infographic



Dr. Nancy Heath Director of EMHR Faculty of Education



mancy.heath@mcgill.ca