

The Role of Self-Compassion in Emotional Well-being

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What Do We Mean by Self-Compassion?

- Self-compassion is the acknowledgement of one's own suffering and treating it with kindness and understanding.
- Caring for ourselves as we would care for someone we truly love.
- The secret to resilience.

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Three Pillars of Self-Compassion

- The act of choosing self-kindness over self-judgment
- Identifying with our common humanity more so than our separateness
- Being mindful of thoughts and emotions instead of being consumed by them



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Does Self-Compassion Make a Difference?

- A meta-analysis of 27 randomized control trials of self-compassion-based interventions found significant improvement across outcomes including:
 - Depression
 - Stress
 - Anxiety
 - Self-criticism
 - Rumination
 - Eating Behavior
 - Self-compassion
 - Mindfulness

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The Practice of Self-Compassion Brings About Increases In:



Life Satisfaction



Happiness



Self-Confidence



Optimism



Curiosity



Creativity



Gratitude

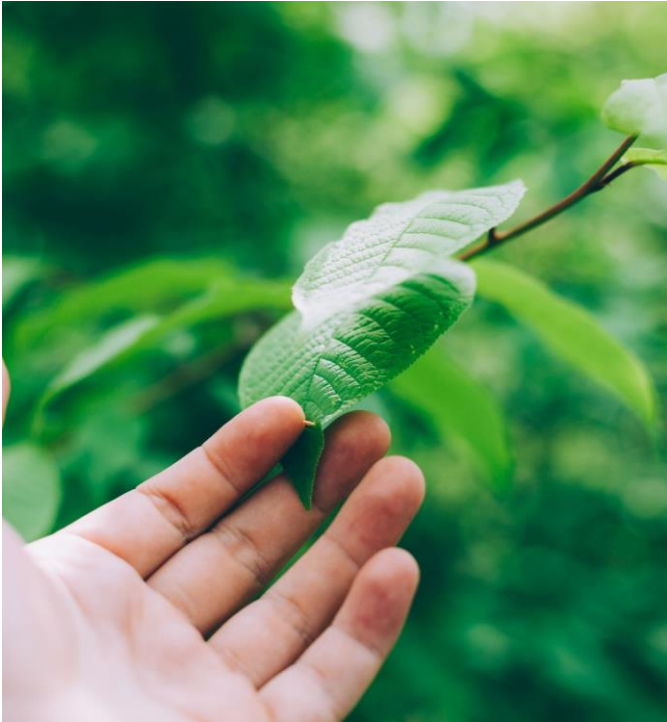
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Why Should I Practice Self-Compassion?

- Learning to love and accept ourselves, no matter what, is central to our mental health and well-being.
- It doesn't always come naturally.
- But we can develop self-compassion with practice.



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What is Self-Talk & How Does it Impact Us?

- Refers to the internal dialogue you have with yourself.
- Each and every one of us engages in self-talk countless times per day!
- Automatic vs. Conscious or Deliberate.
- Positive Self-Talk: ENCOURAGING.
- Negative Self-Talk: SELF-DEFEATING.
- Neutral Self-Talk: Observational in nature.
- What makes up the majority of YOUR self-talk?

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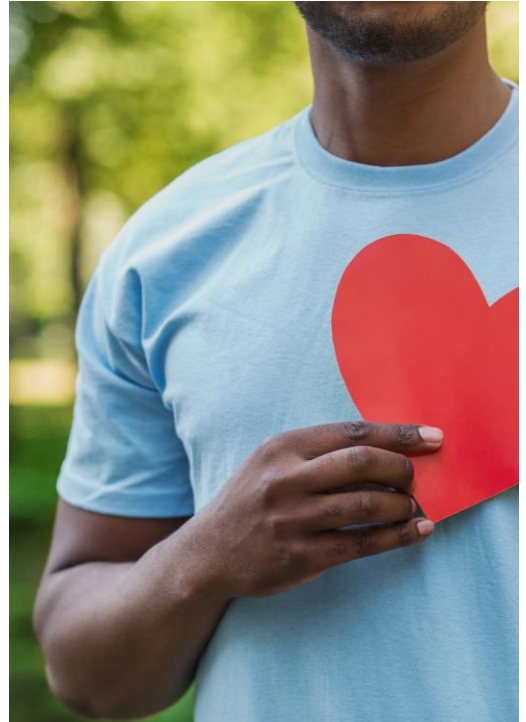
Examples of Negative Self-Talk

- I am not good enough.
- I will never be happy.
- I do not deserve happiness.
- I am a bad person.
- Nobody loves me.
- I am so stupid.
- I am a failure.
- I am a fraud.
- Nobody cares what I have to say.

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Examples of Positive, Compassionate Self-Talk

- I am doing the best I can right now.
- Others have gone through things like this, and I can too.
- I will honor my physical and emotional needs.
- I deserve to surround myself with loving and supportive people.
- I am worthy of love and respect.
- I am allowed to feel this way.
- I will learn from this experience.
- I can allow myself to be vulnerable and work through my feelings.



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Let's Take a Self-Compassion Quiz!

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PRINCIPLES TO REMEMBER

- Self-judgment and self-criticism can be very engrained thought patterns, so much so that we don't fully realize they are present.
- Many of us have a lot of conditioning that negatively impacts the thoughts we hold about ourselves. And many of us are just starting to recognize the ways in which we talk to ourselves or how often we treat ourselves with unkindness.

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CONTINUED PRINCIPLES TO REMEMBER

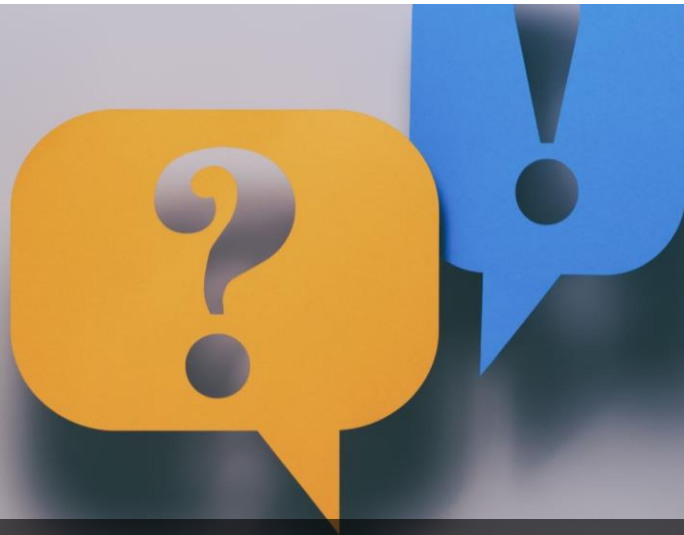
- Much like improving our physical health, it's important to first be aware of the ways in which we're suffering as a result of self-judgment.
- It's also important to not start judging ourselves for judging ourselves. We've been doing our best, and self-compassion is a skill that must be practiced like any other skill.

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Let's Practice...



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**Thoughts, Reflections,
Questions**

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References

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