

## COMPASSION FOR SELF



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Mindful Self-Compassion combines the skills of mindfulness and self-compassion, providing a powerful tool for emotional resilience. A randomized controlled trial demonstrated that MSC significantly increased self-compassion, compassion for others, mindfulness, and life satisfaction, as well as decreased depression, anxiety and stress.

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### **Definition and Three Elements of Self Compassion Kristin**

Self-compassion entails being warm and understanding toward ourselves when we suffer, fail, or feel inadequate, rather than ignoring our pain or flagellating ourselves with self-criticism.

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Having compassion for oneself is really no different than having compassion for others. Think about what the experience of compassion feels like. First, to have compassion for others you must [ ]

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In this piece, we will provide resources, helpful self-compassion exercises, and worksheets to help you develop, maintain, and practice self-compassion.

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### **CMSC Center for Mindful Self Compassion**

The non-profit Center for Mindful Self-Compassion is devoted solely to disseminating self-compassion. Self-compassion can be defined as learning to treat yourself the way you would treat a good friend when they suffer, fall short or fail in some way.

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