

The Life-Altering Effects of Practicing Mindful Self-Compassion

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Objectives

Define mindful self-compassion (MSC) and why it's important

Understand the three basic elements of self-compassion

Understand barriers to self-compassion

Learn practical techniques for developing MSC

What's mindfulness?

“A moment-to-moment awareness of one’s experience without judgment. In this sense, mindfulness is a state and not a trait. While it might be promoted by certain practices or activities, such as meditation, it is not equivalent to or synonymous with them.” (APA, 2012)

What is mindful self-compassion?

Building self awareness/acceptance



Mindfulness vs Self Compassion



Mindfulness connection with Self-Compassion



Why is mindful self-compassion important?

Stress Reduction

Memory and relationships

Self Compassion

Decrease Rumination



Basic elements of self-compassion

Self-kindness vs. Self-judgment



Common humanity vs. Isolation



Mindfulness vs. Over-identification



Barriers to mindful self-compassion

Perfectionism



Control



The inner critic



How to practice mindful self-compassion

Understand barriers and personal beliefs

Identify triggers for negative self beliefs

Incorporate a daily mindfulness practice

Be your best friend



Mindful Self-Compassion Exercises

How would you treat a friend



Mindful Self-Compassion Exercises

Self-compassion break



Mindful self-compassion exercises

For more exercises go to:

Center for Mindful Self-Compassion

[Click here for Center for Mindful Self-Compassion](#)

[Click here for 9 Self-Compassion Exercises & Worksheets for Increasing Compassion](#)

[Click here for more Self-Compassion exercises](#)

Self-Compassion: Dr. Kristin Neff

- [Click here for Self-compassion.org](#)
- [Click here for Self-Compassion exercises](#)



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