

Self Compassion

Why it is the ideal
self-care strategy in
times of uncertainty

Self

Compassion is

choosing to turn towards

your suffering with kindness

and compassion



Practicing Self Compassion

triggers the release of the
feel good hormone

Oxytocin, which helps
lower levels of the stress
hormone cortisol



OXYTOCIN

increases feelings of trust,
calm, safety, generosity,
and connectedness

reduces fear, anxiety, and
can lower blood pressure
and cortisol levels

GOOD VIBES

**How do I
practice Self
Compassion?**

Practice Self Kindness

When you feel overwhelmed, anxious, hopeless, lost, scared, or any hard feeling, ACTIVELY comfort yourself

Practice comforting yourself like you would a good friend

Say things to yourself like:

- I am so sorry this feels so hard right now
- Your reaction is totally valid, this is scary
- I am sorry, I know feelings like this are really hard

Killer Self Kindness Strategy!

Write yourself a Self Compassionate Letter

- It is from you, to you
- It addresses your current feelings
- It responds to your struggles with kindness and compassion
- It is written like a note you would write to a good friend you were trying to comfort

Here is an example of one I recently wrote myself

Megan,

I am so sorry, this is all really hard.

All the feelings you are feeling are totally valid. Shit feels crazy right now and that is deeply unsettling. You are not weak for being overwhelmed. Crying is good for you, remember? There's science behind it and everything. Crying helps your body complete the Stress Response cycle. Try not to feel shame around any of your responses at the moment.

Working through all this is going to be painful. That is OK. Lots of people feel anxious, you're not alone. You matter.

Your feelings matter. When you're ready, remind yourself feelings aren't facts.

Be patient with yourself. You're doing a good job.



Megan

IT FEELS SO AWKWARD! I know.

We are not used to tuning into our feelings in this way, and we are certainly not used to talking to ourselves like this.



It is going to feel awkward AF.

Do it Anyway.

Remember Common Humanity



When we suffer we tend to feel alone, which is hard

Practice shifting your Perspective

- Say to yourself: Suffering doesn't separate me from humanity, it is what makes me human
- Remind yourself that everyone feels uncertain and weird right now, it is not just you

Call people, make a date for a digital hang with friends, get lost in a compelling TV show or movie and empathize with the characters. **CONNECT!**

Practice Mindfulness

Try to observe your feelings without ignoring, exaggerating, or judging. Be like a bird watcher observing your internal emotional landscape.

Mindfulness matters because

- You can't heal what you can't feel
- It helps you realize you don't have to believe that every passing thought or emotion is REAL or TRUE. Feelings are not facts
- It helps you get out of the story your brain is telling you, which right now is full of worst case scenarios about your safety

YOU MATTER

- Your feelings are valid
- Emotions that feel like they are happening to us are actually made by us
- Emotions are physical and crave a physical response
- Connect with people
- Be patient with yourself
- Turn to your struggles with kindness and compassion

