

Self-Compassion: A Survival Skill

It is not *what* you face in life that determines your ability to heal, but *how* you are able to relate to yourself when things fall apart.

- *Are you your greatest ally or greatest enemy?*

What Is Self-Compassion?

- Self-compassion is recognizing a moment of suffering while embracing ourselves with warmth and tenderness when we feel painful experience.

What Happens When We Practice Self-Compassion?

- We go beyond accepting our experience as it is and move toward healing from our pain by letting go of our inner resistance to building our resilience as we face hard times

Power of Self-Compassion - Research Shows

- **Self-compassion:** is evidenced to help retrain our brains and increase our abilities.
- **Self-compassion:** is a powerful tool to accelerate our mental and physical healing.
- **Self-compassion:** helps our personal motivation in overcoming our challenges and losses.

Changing our Perceptions:

True, Somethings might be lost.

A traumatic brain injury or stroke causes unequivocal pain.

However, this is not the last chapter, but it is likely to be the most defining one.

Application

Self-Compassion: Exercise 1

- Write to yourself for as little as 3 minutes from a compassionate perspective (similar to how one would relate to a friend can help regulate challenging emotions and our ability to mentally heal more effectively)

Self-Compassion: Exercise 2

Say to yourself:

“This is a moment of suffering”

- This statement is an act of being mindful.
- Allow yourself to be mindful of painful emotions and feelings that are causing you distress and difficulty

“I am not alone. Other people feel this way.”

- Understand that this is a moment of suffering. These feelings of pain and loss happens to all humans and is unavoidable in this life.

“May I accept myself as I am”

- Put your hands over your heart.
- Feel the comfort of your hand resting upon your chest.
- Ask, “What do I need to hear right now that shows loving kindness to myself”

“When we acknowledge this truth, only then are we capable to heal.”

Kristen Neff