



8. Self-compassion

Start treating yourself as you would others

🕒 Duration: 20 minutes 📅 Frequency: 1x/week 🎮 Difficulty: Moderate ★★☆☆ Evidence Quality

What is it?

- There is often a difference between the way we treat ourselves when we're going through a tough time or when things haven't gone so well, compared to how we would treat others in the same situation.

What can I use it for?

- Self-compassion can help reduce your feelings of self-criticism and shame, this in turn can lead to increased wellbeing. It may also help with personal growth.

How to do it?

1. Think about a time when a friend was going through a rough time, facing a failed goal, or just going through a rough patch.
2. Consider the advice that you would give to that friend about the event, and what you would recommend that they do to get through it.
3. Think about how you would treat yourself in the same situation, and how you could apply the advice you would give to your friend to yourself!

Anything to consider before I start?

- Be kinder to yourself, you tend to always judge yourself more harshly than others.
- This particularly works for people who already show symptoms of distress



WELLBEING

RESILIENCE

HEALTH

MOOD

ANXIETY

STRESS



8. Self-compassion

Think about a close friend, family member or loved one. Now think of a time when they were struggling to meet a goal or were trying to overcome a bad time. Write down what you would say to them to help them in this situation.

Now think of a time when you were struggling to meet a goal or were trying to overcome a bad time. Write down what you say to yourself. What is the tone you normally would use?

Did you notice a difference? If so, why is this the case?

Can you find some obvious ways how to improve the way you talk to yourself in difficult situations? You might think about using the good advice you would give to a friend!

TINY HABIT STATEMENT

When will I practice it?

How will I celebrate?

Tiny Habit statement: