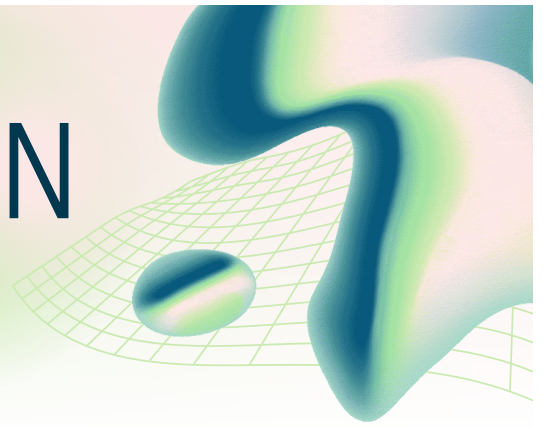


SELF-COMPASSION

Practical Ways to Care for Yourself



What is Self-Compassion?

Self-compassion is treating yourself with the same kindness, care, and understanding that you would offer a friend. It involves recognizing your struggles and realizing that they are part of the common human experience.

Why Self-Compassion Matters

- Reduces stress and burnout
Research shows that self-compassionate individuals experience less stress and are less likely to burn out in demanding roles (Allen & Leary, 2010).
 - Increases resilience and motivation
Self-compassion helps people bounce back from setbacks and maintain motivation, even after experiencing failure (Neff, Hsieh, & Dejitterat, 2005).
 - Improves emotional well-being
Practicing self-compassion is linked to greater emotional stability and overall well-being (Neff & Germer, 2013).
 - Fosters a positive work environment
Self-compassionate individuals are more likely to create supportive and collaborative workplaces (Lanaj, Jennings, Ashford, & Krishnan, 2021).
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Ways to Practice Self-Compassion

1. Speak Kindly to Yourself

Notice your inner dialogue. Replace self-criticism with supportive, encouraging words.

Example: Instead of "I should have done better," try "I did my best with what I had."

2. Allow Yourself to Take Breaks

Give yourself permission to pause, breathe, and recharge—especially during busy days. Short breaks can boost focus and energy.

3. Acknowledge Your Feelings

Recognize and accept your emotions without judgment. It's okay to feel stressed, frustrated, or overwhelmed at times.

4. Set Healthy Boundaries

Respect your own limits. Say no when necessary and communicate your needs clearly to others.

5. Celebrate Small Wins

Acknowledge your achievements, no matter how minor they may seem. Every step forward counts.

6. Practice Mindfulness

Take a few moments each day to be present. Notice your breath, sensations, or surroundings to ground yourself in the moment.

7. Reach Out for Support

Connect with colleagues, friends, or mentors when you need encouragement or advice. You're not alone.

8. Forgive Yourself for Mistakes

Everyone makes mistakes. Treat yourself with understanding and use setbacks as opportunities to learn and grow.

9. Prioritize Self-Care

Engage in activities that nourish your body and mind—exercise, hobbies, restful sleep, or simply quiet time.

10. Remind Yourself of Your Value

Reflect on the positive impact you make in your role. Your contributions matter to your team and the university community.

Quick Self-Compassion Exercise

1. Pause and take a deep breath.
2. Place a hand over your heart.
3. Silently repeat:
 - “This is a moment of difficulty.”
 - “Difficulty is part of life.”
 - “May I be kind to myself in this moment.”

Remember

Self-compassion is not selfish—it's essential. By caring for yourself, you enhance your ability to support others and thrive in your role.

References

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More resources can be found at: <https://self-compassion.org>