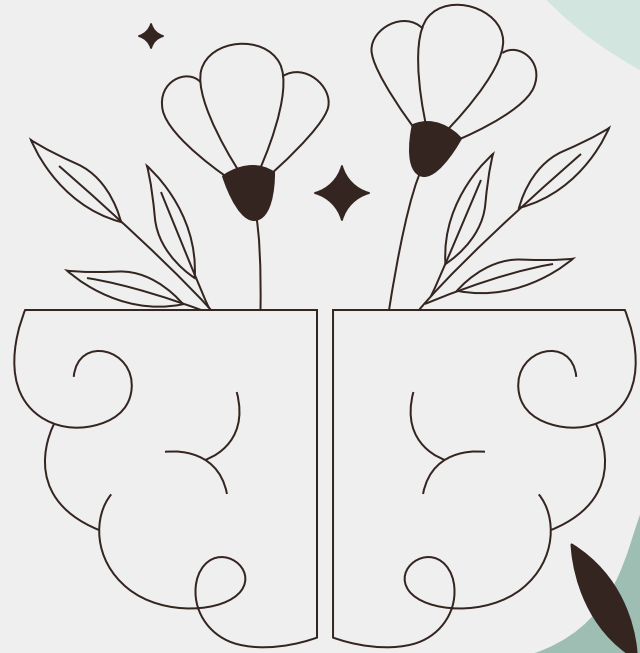


FROM SETBACK TO COMEBACK: STRENGTHENING YOUR RESILIENCE WITH SELF-COMPASSION



2025 S-STEM SCHOLARS MEETING





**How do people
react to failure?**

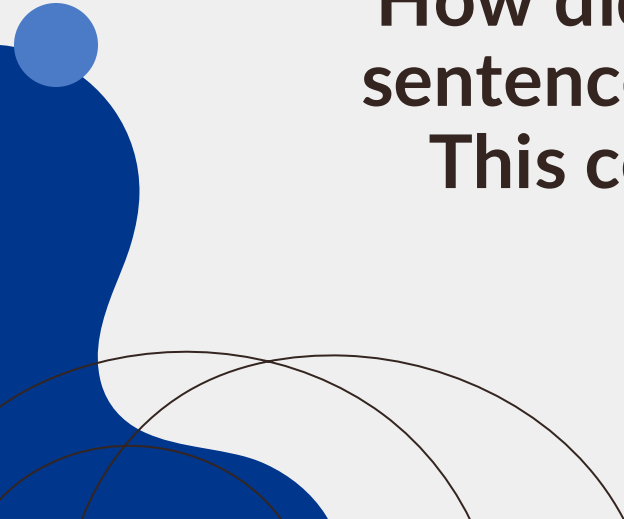
We do not learn from
experience... we learn
from reflecting on
experience.

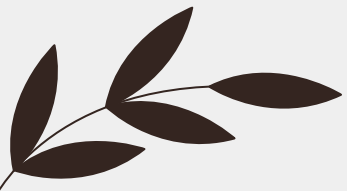
- John Dewey



**Recall a recent personal failure. Write
2 to 3 sentences about what
happened.**

**How did you respond? Write 2 to 3
sentences describing your response.
This could be thoughts, feelings,
and/or behaviors.**





**What is your greatest struggle
when coping with failure?**



The background is an abstract painting with a heavy, textured surface. The top half is a solid, light teal color. The bottom half is composed of horizontal brushstrokes in various shades of green, from light to dark, with some areas showing more texture and detail. A thin, horizontal band of lighter, yellowish-green paint separates the teal top from the green bottom.

Share Out

Self-compassion

“...experiencing feelings of caring and kindness toward oneself; taking an understanding, nonjudgmental attitude toward one’s inadequacies and failures; and recognizing that one’s own experience is part of the common human experience.”

(Neff, 2003)

Three Components of Self-compassion





Self-compassion Scale (Neff, 2003)

Long Version: 26 Items

Short Version: 12 Items

Example Items:

- I'm kind to myself when I'm unhappy or experiencing suffering.
- When I feel inadequate in some way, I try to remind myself that most people feel inadequate from time to time.
- When something painful happens, I try to take a balanced view of the situation.



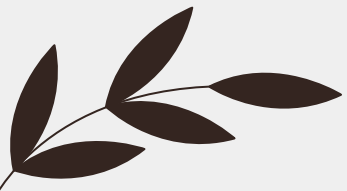
Self-Compassion Reflection



Think about the 3 aspects of self-compassion: self-kindness, common humanity, and mindfulness.

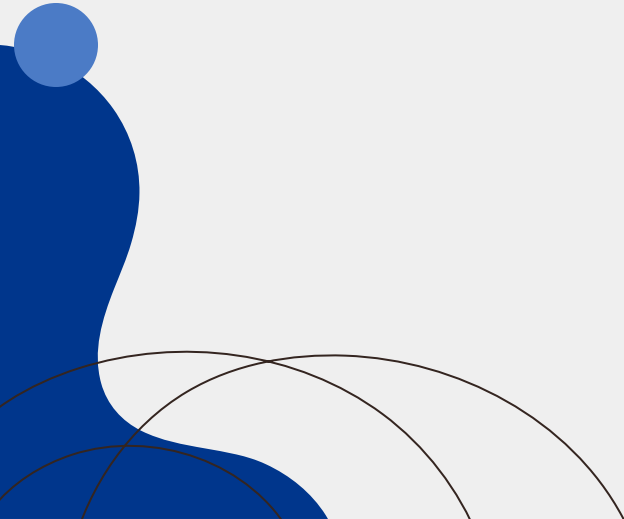
Which one comes most easily to you? Give an example of when you have seen it in action.





**Which aspect is the most
challenging?**

Why?



The background is an abstract painting with a heavy, textured surface. The top half is a solid, light teal color. The bottom half is composed of horizontal brushstrokes in various shades of green, from light to dark, with some areas showing more texture and detail. A thin, horizontal band of lighter, yellowish-green paint separates the teal top from the green bottom.

Share Out

Fear of Self-compassion?

Believe it to be selfish

- Self-compassion is self-centered.

Undesired self

- I fear that being self-compassionate will lead me to be someone I don't want to be.

Undermines motivation and performance

- Self-compassion will make me lazy.

What does the research say?

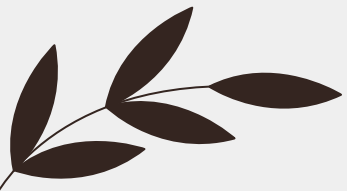
Self-compassion is positively associated with numerous indicators of well-being as well as more adaptive coping methods

Self-compassion is negatively associated with depression, anxiety, and other forms of psychopathology. It is also negatively related to suicidal thoughts and behaviors and non-suicidal self-injury

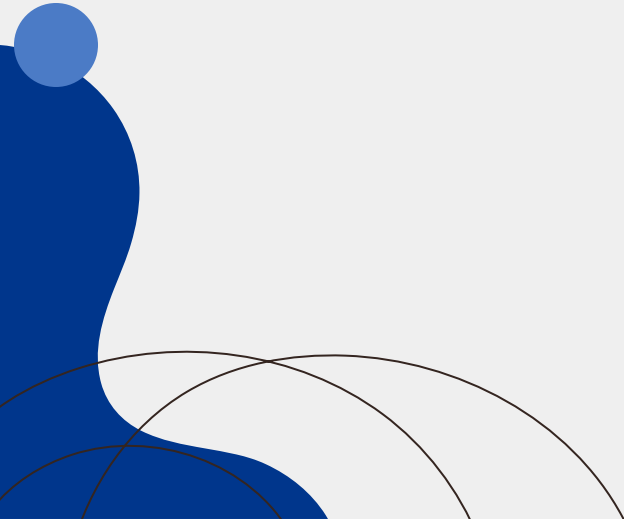
Self-compassionate people adjust better to poor physical health and self-compassionate people report better physical health and engagement in health promoting behaviors

Self-compassionate people engage in more self-improvement following failure

Self-compassion interventions effectively reduce self-criticism



**Why is practicing
self-compassion so
challenging?**



The background of the image is a soft-focus landscape. It features a calm body of water in the foreground, reflecting the sky and the surrounding mountains. The mountains are layered, with some appearing closer and more detailed, while others are shrouded in a light mist or haze. The sky is a mix of pale blue and warm, golden-orange tones, suggesting the time is either early morning or late afternoon. The overall mood is peaceful and contemplative.

Guided Self-Compassion Reflection

Thanks!

Feel free to contact me at:
Ashley.allen@uncp.edu

Provide Your Feedback on:
From Setback to Comeback:
Strengthening Your Resilience with
Self-Compassion

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<https://airtable.com/appMqgBJxZT21jAQH/pago7F1aHpNJOxf3D/form>

