

Dear Mindfulness Group Member:

Here is the summary for this week's class, Finding Compassion Within.

Compassion is what we feel when we see the suffering of another and we have an authentic wish to alleviate that suffering. Self-compassion, is this same wish directed towards ourselves. We want to encourage you to cultivate self-compassion in your life as self-compassion increases, negative states such as depression, anxiety and perceived stress decrease.

In this week's class, we introduced self-compassion and explored why this is a key component of health and well being. We explored some of the barriers to self-compassion and defined how it is distinct from mindfulness, empathy, and loving kindness. We introduced a new formal practice called the Affectionate Body Scan and two techniques, Supportive Touch and the Self-Compassion Break.

For this week's homework, practice the Affectionate Body Scan daily or alternate this practice with Mindfulness of Breathing. Try to use the Self-Compassion break to meet difficult moments in your life with kindness.

Our extra tip for this week is a reminder to practice self-compassion with *ease*. Self-compassion is the resource we use when we are trying to endure difficult circumstances. AS much as possible, do this with kindness and a sense of ease.

Please keep up the practice! We look forward to seeing you next week.

Warmly,