

A TOOLKIT FOR PROFESSIONALS MINDFULNESS AT WORK

Understanding Self-Compassion

SELF-COMPASSION & SELF-IMPROVEMENT:

There are numerous studies on the positive effects of self-compassion, including its impact on self-improvement motivation. In one study, those who practiced self-compassion...

- Were more motivated to make amends and avoid repeating moral transgressions
- Spent more time studying for a difficult test after an initial failure
- Exhibited a preference for growth after reflection on a personal weakness
- Reported increased motivation to overcome the weakness

SELF-COMPASSION MYTHS:

Self-compassion will make me weak

Self-compassion makes us more resilient to the difficult feelings and emotions that come with being human.

Self-compassion will hinder my growth

Self-compassion is not about making excuses for ourselves. Rather, it aligns us with our deepest needs.

Self-compassion is just self-pity

Self-compassion is not about ruminating on our misfortunes. It's about offering ourselves the same loving kindness we would give to someone else who is struggling.

“Self-compassion is simply giving the same kindness to ourselves that we would give to others.” - Chris Germer

ON COMPASSION...

Compassion is a force that unites and heals. Self-compassion reduces stress, perfectionism, and other mental health concerns such as anxiety.

Practiced in the workplace, self-compassion quiets the inner critic, allowing us to show up with greater confidence and motivation.



A SELF-COMPASSION BREAK:

- Close your eyes and call to mind something you are struggling with
- Acknowledge, 'this is a moment of suffering'
- Remember you are not alone, 'this is a moment shared with all humanity'
- Put your hand on your heart and offer yourself words of kind support