



Self-Compassion

How would you treat a friend?

When a friend or loved one is going through a difficult time what advice would you give them? We might empathise with them, offer our advice, give them things to do that are kind for them.

When a bad situation happens to ourselves, we can instead be critical of ourselves and treat ourselves differently to how we would treat a loved one. We may not treat ourselves with the same advice that we offer to the people we care about. This is very natural and normal.

Next time you face a difficult time, treat yourself kindly. Ask yourself – how would you treat a friend in this situation?

Self-compassion is the practice of being kind to oneself.

If we dedicate a percentage of our time each day to being kind to ourselves, we then have the energy, rest, health and more to offer love and kindness to the people we care about.

This could be simple pleasures such as sitting in the garden quietly, turning off our phones for 30 minutes and having a bath, meditating, or even watching our favourite comedy. It is important that we dedicate this time to ourselves as often as we can. This is not selfish in anyway and if we look after ourselves, we can in turn look after others.

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