

## WHAT IS SELF-COMPASSION?

 <p><b>Mindfulness</b></p> <p>Self-compassion involves recognizing when we're stressed or struggling with others, judgmental or self-critical.</p>	 <p><b>Self-Kindness</b></p> <p>Being supportive and understanding to yourself and ourselves when we're facing a hard time, rather than being too harsh and self-critical.</p>	 <p><b>Connectedness</b></p> <p>Remembering that everyone makes mistakes and experiences difficulties in life. We are not alone!</p>
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**Self-Compassion** is being understanding and kind to yourself. At times, we all may experience instances of failure, inadequacy, or outrage and with those experiences, it can create a negative response within ourselves. It's important to understand that failures, imperfections, and suffering are a part of the shared human experience, even though it may look different from person to person. Having self-compassion for ourselves is no different than how we provide it to others.

[Click here](#) to watch how others describe the power of self-compassion.

### Myths and Misconceptions of Self-Compassion

**-Self-compassion is selfish**  
At times, we may find that it's easier and more appropriate to be understanding, loving, and kind to another's situation and/or circumstances. We then fall into self-neglect because we no longer see ourselves as priority in receiving compassion. When we practice self-compassion, we are more in-tuned to our needs and are able to create a better space for supporting others around us, which reduces the instance of burnout.

**-Self-compassion is similar to having self-pity**  
Self-compassion and self-pity are not similar. When you have self-compassion, you are more likely to acknowledge those difficult feelings and process them in a way which allows you to minimize self-pitying thoughts. Individuals that practice self-compassion have fewer symptoms associated with anxiety and depression.

**-Self-compassion means weakness**  
Self-compassion takes a lot of strength. Those that practice self-compassion regularly are more resilient in overcoming life's challenges.

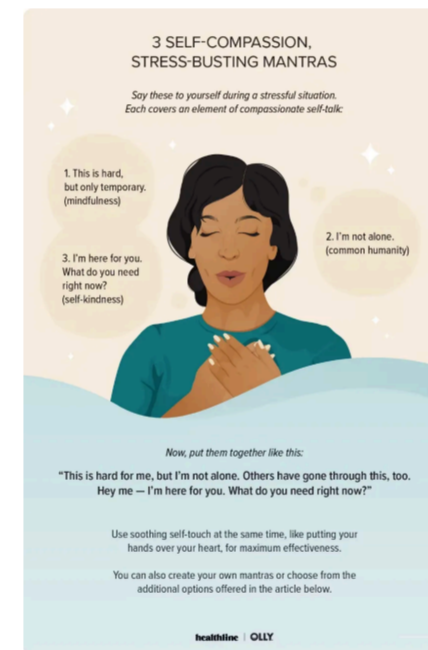
### Pillars of Self-Compassion

**Mindfulness vs. Over-identification:** Being aware of the present moment and facing the truth of our experience.

**Self-Kindness vs. Self-Judgment:** Being supportive and encouraging of ourselves when facing life circumstances that are difficult. Being patient, having unconditional acceptance, and warmth.

**Connectedness vs. Isolation:** Recognizing that everyone experiences difficulties in life and no human is perfect. We will all at some point experience pain and it's a shared experience, and such experiences bring forth connections with others.

### How to Practice Self-Compassion



**3 SELF-COMPASSION, STRESS-BUSTING MANTRAS**

Say these to yourself during a stressful situation. Each covers an element of compassionate self-talk:

1. This is hard, but only temporary. (mindfulness)
2. I'm not alone. (common humanity)
3. I'm here for you. What do you need right now? (self-kindness)

Now, put them together like this:  
"This is hard for me, but I'm not alone. Others have gone through this, too. Hey me — I'm here for you. What do you need right now?"

Use something soft to touch at the same time, like putting your hands over your heart, for maximum effectiveness.

You can also create your own mantras or choose from the additional options offered in the article below.

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[Click here for more information](#)

Click the image below to learn more about practicing self-compassion



### What is Mental Health?

Mental health comprises of our psychological, social, and emotional wellbeing. Additionally, it affects how we feel, think, and act. The choices we make, how we handle stress, and how we relate to others are responsive to our mental health.

### Resources

The mental health resources below provide educational resources, along with no cost mental health services. Please consider these resources in addition to EAP (Employee Assistance Program) and the Behavioral Health offered through your Blue Connect total health.

- [NAMI Charlotte](#)
- [Mental Health of the Central Carolinas](#)
- [Mental Health Hotline](#)
- [Hope4NC](#)

If additional support and resources are needed, contact EAP at 1-800-633-3353. With questions, contact [brittanyp@ao4ed.org](mailto:brittanyp@ao4ed.org)