



PHYSIOLOGY OF SELF-COMPASSION

Self-criticism activates:

Threat defense system
Cortisol and adrenaline

Self-compassion activates:

Mammalian care-giving system
Oxytocin and opiates



Self-Kindness vs. Self-Judgment

- Treat self with care & understanding
- Actively soothe & comfort
- Desire to alleviate suffering



Common Humanity vs. Isolation

- See self as part of larger human experience
- Recognize life is imperfect



Mindfulness vs. Over-Identification

- Allows us to be with painful feelings as they are
- Avoids extremes of suppressing or running away with painful feelings

BENEFITS OF SELF-COMPASSION

- Self-compassion leads to well-being by holding negative thoughts and emotions in loving, connected presence.
- Reductions in negative mind-states: anxiety, depression, stress, perfectionism, shame, body dissatisfaction, disordered eating
- Increases in positive mind-states: life satisfaction, happiness, self-confidence, body appreciation, immune function

Every morning practice greeting yourself, "Goodmorning 'your name'."