

BE KIND TO YOURSELF: SELF-COMPASSION IS KEY TO HEALING FROM ANXIETY, DEPRESSION, ANGER, AND STRESS

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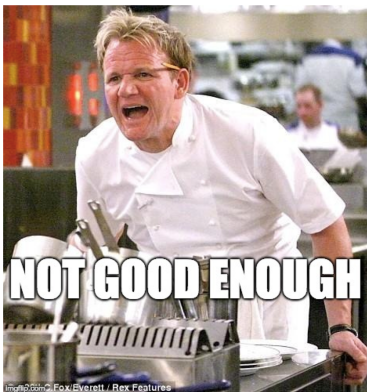


Superhero Saturday
 Morton Elementary School
 May 11, 2019

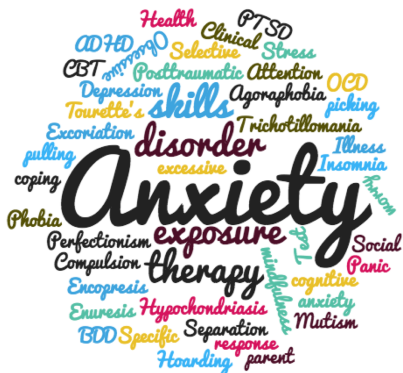
“But I can’t! I don’t know how!”



Feeling “Not Good Enough”



Mean Things We Say to Ourselves



The Antidote: Self-Compassion

Instead of judging and criticizing yourself, **SELF-COMPASSION** means you are **kind and understanding to yourself** when confronted with failure and mistakes

Who ever said you were supposed to be perfect?

Three Steps to Self-Compassion



What Self-Compassion is NOT

- NOT self-pity
- NOT self-indulgence
- NOT self-esteem

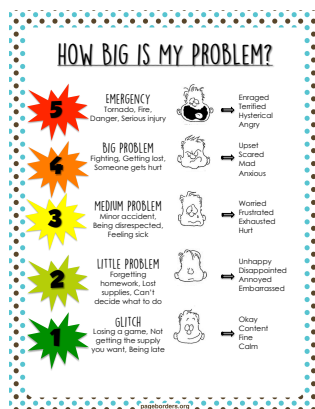
Close to 1000 Publications on Self-Compassion

- Self-Compassion in Adolescents and Children
- Self-Compassion and Aging
- Self-Compassion and Athletics
- Self-Compassion, Body Image and Eating Behavior
- Self-Compassion, Caregiving, and Burnout
- Self-Compassion in Clinical Contexts
- Self-Compassion, Coping and Resilience
- Self-Compassion and Culture
- Self-Compassion examined with Experimental Methodologies
- Self-Compassion and Family Dynamics
- Self-Compassion, Gender and Sexual Orientation
- Self-Compassion: General Reviews
- Self-Compassion and Health
- Self-Compassion and Interpersonal Concerns
- Self-Compassion Interventions
- Self-Compassion and Mindfulness
- Self-Compassion in Mindfulness and Compassion Training
- Self-Compassion and Motivation
- Self-Compassion and Physiological Functioning
- Self-Compassion and Positive Psychology
- Self-Compassion and Psychological Wellbeing
- Self-Compassion Scale: Translations and Psychometrics
- Self-Compassion and Self-Esteem
- Self-Compassion and Trauma
- Self-Compassion in Work and Professional Contexts

Step 1: Mindfulness Practice

- How have you demonstrated a lack of compassion when something doesn't go the way they'd like (e.g., losing at a sporting competition, getting the "wrong" answer in class, getting "in trouble" at school or at home, etc.).
- What are common things that you hear people telling themselves? ("I'm so dumb," "I'm such a bad player/student/daughter," "I don't know how to or I'm no good at _____").
- Let's practice turning this into a mindful statement by acknowledging your feelings without exaggerating it.

Step 1: Mindfulness Practice



Step 2: Common Humanity Practice

"Everyone just wants to be happy."

"Everyone makes mistakes sometimes."

"Everyone has things that make them sad and lonely."

"Everyone needs or wants something they don't have."

"Everyone is just learning."

Step 3: Self-Kindness Practice

- What would you say to a friend when they mess up or are being hard on themselves. We can say these things to ourselves - we can be our own friend.
- Create speech bubbles or signs with these phrases and post them on a Compassion Board

Step 3: Self-Kindness Practice

1. I forgive you.
2. Don't be afraid—you are good enough.
3. You are capable.
4. Everything will be okay. Even if its not, it will be.
5. You are enough as you are.
6. It's okay to make a mistake.
7. I believe in you.
8. You tried your best, that's good enough.
9. I'm proud of you.
10. You are safe.
11. You're doing great.
12. I want the best for you.
13. You're handling it beautifully.
14. I love and accept you no matter what.
15. I am still learning.

Additional Step: Do Opposite Action

Emotion	Emotion's Action Urge	Opposite Action
Sad	Be alone, stay in bed	Be around others, get active
Angry	Yell, attack, be judgmental	Be extra kind, no judgments, gently avoid
Frustrated	Give up	Try even harder
Betrayed	Hurt or revenge	Forgiveness
Worthless	Harm self	Help others
Fear	Run away, avoid	Stay and do what is fearful
Shame	Hide	Be public

Putting it All Together

1. Be Mindful of your Negative Emotions; But Don't Exaggerate
2. Common Humanity
3. Be Kind to Yourself
4. Do Opposite Action

Loving Kindness Meditation

- Start by sitting in comfortable position. Put your palms on your heart. Take a few deep breaths in and out. Breathe comfortably and say out loud:

*May I be happy, healthy and peaceful.
May I let go of sadness and bad feelings.
May I be free from anger.
May I be free from pain.
May I be free from difficulties.
May I be free from suffering.
May I be healthy, happy, and peaceful.
May I be filled with loving-kindness.
May I be at peace.*

Loving Kindness Meditation

- Now turn to a family member, a friend, a classmate, or teacher and place your hand on their shoulder. Imagine that you are unleashing the love and kindness you have stored up in your heart. Now spread this energy by saying out loud:

*I spread this loving-kindness out.
I send love to my family, my closest friends, to my classmates younger and older, and to my teachers.
May they let go of sadness and bad feelings.
May they be free from anger.
May they be free from pain.
May they be free from difficulties.
May they be free from suffering.
May they be healthy, happy, and peaceful.
May they be filled with loving-kindness.
May they be at peace.*

Loving Kindness Meditation

- Next, think about someone you know, in school, at work, a friend, a sibling, or a family member that has perhaps made you feel bad. You have the power to warm their heart, too, and release this bad feeling by saying out loud:

*I spread this loving-kindness out.
I send love to someone who has once made me feel bad.
May I let go of sadness and bad feelings.
May they let go of sadness and bad feelings.
May they be free from anger.
May they be free from pain.
May they be free from difficulties.
May they be free from suffering.
May they be healthy, happy, and peaceful.
May they be filled with loving-kindness.
May they be at peace.*

Loving Kindness Meditation

- Put your hand up and palm outward. Your loving energy travels like light – fast, far and wide. With your power you're going to send love to everyone on Earth and then the entire universe by saying aloud:

*I send love now to all the people—Everywhere on Earth.
May they let go of sadness and bad feelings.
May they be free from anger.
May they be free from pain.
May they be free from difficulties.
May they be free from suffering.
May they be healthy, happy, and peaceful.
May they be filled with loving-kindness.
May they be at peace.*

Loving Kindness Meditation

- Now, put your palms back to your heart. Everyone to whom you have sent your love is sending their love back. Say out loud:

*May I be happy, healthy and peaceful.
May I let go of sadness and bad feelings.
May I be free from anger.
May I be free from pain.
May I be free from difficulties.
May I be free from suffering.
May I be healthy, happy, and peaceful.
May I be filled with loving-kindness.
May I be at peace.*

In Conclusion

