

Using Self-Compassion to Develop Resilience

Class Summary

- The word 'compassion' in English is directed only at others, it doesn't include oneself
- Self-Compassion is being kind to yourself, instead of being self-critical, and seeing failures and mistakes as part of the human condition, rather than a personal failing
- The reason why it's so important is that self-criticism is very damaging to our mental health and can turn stress, especially psychological stress, into anxiety & depression
- Phrases such as "I should have, I must, I ought to", are sure signs that you're judging yourself critically
- Kristin Neff, a world leader in self-compassion research, conducted a study which shows that offering yourself compassion instead of criticism plays a key role in alleviating depression
- Research shows that self-compassion training for just 7 hours over a 2 week period (half an hour a day), increases connectivity in the circuitry important for empathy and positive feelings
- This is important for sufferers of depression, where self-criticism keeps us stuck in a cycle of negative thinking about our lives and ourselves