



Ascension

Practicing Self Compassion

During uncertain times

It's completely natural to feel uneasy, anxious and stressed amid the COVID-19 virus pandemic.

The situation is changing rapidly and more public buildings are closing their doors. Parents are taking on new roles of home-schooling their children, working from home (or even laid-off from work), and checking in on elderly loved ones. There are ways to alleviate the extra stress we're feeling. Now is a great time to practice self compassion.

What is self compassion?

There are three components to self compassion.

1. Be kind to yourself. Simply put, treat yourself as you would treat a dear friend. Learn to silence the voice of the inner critic, and be kind to yourself. Recognize that experiencing difficulties, being imperfect, and failures are part of life and be gentle to yourself.
2. Common humanity. We're all human and we're all in this life together. You are not alone when you are suffering, rather, it's part of the human condition. All humans feel pain, all feel inadequate at some time. Our frustrations can often leave us feeling isolated and alone, but we're not. Remember, we are all human and going through the same struggles.

3. Mindfulness. This is a non-judgmental, open, receptive state of mind. We observe our current feelings and situations with an open heart and open mind. This is a delicate balance of feeling our pain (or other emotion), not ignoring it nor over-identifying with it.

What can you do now to increase your self compassion?

First, you may want to find out where you currently rate for self compassion. Here is a link to a quiz to evaluate your score.

<https://self-compassion.org/test-how-self-compassionate-you-are/>

Secondly, there are exercises you can do right now at home to increase your self compassion; thus reducing your stress and anxiety. Included are various meditations and other exercises to help build your self compassion

<https://self-compassion.org/category/exercises/>

You can read the book Self-Compassion by Dr. Kristin Neff. This has been a transformative read for many. Re-test your self compassion afterwards and see the results for yourself!