



## WEEKLY NEWSLETTER



### Self-Compassion

Esther Porcenat, LCMHCA

The process of therapy is often viewed as a method for relieving suffering (i.e., depression, anxiety, stress). This relates to the concept of compassion which in definition is the willingness to relieve the suffering of others. Most people are so involved in the lives of others that they forget to care for themselves. So as they continue suffering, they want to pour all that they have into projects and people. This leads to mental breaks, poor health, and low life satisfaction. The act of self-compassion, turning that willingness toward the self, can change how one experiences life and in its own right act as a therapeutic source for healing. Self-compassion can enhance one's well-being, promote a healthier emotional balance, and assists in coping effectively.

According to Nelson, Hall, Anderson, Birtles, and Hemming (2018), there are three components to self-compassion: self-kindness, common humanity, and mindfulness. **Self-kindness** is the practice of treating yourself the way you would treat a friend. Speaking to yourself in a gentle manner and treating your

issues as carefully as you would to someone who could be experiencing the same thing. **Common humanity** can be described as acknowledging that suffering is a part of the human experience and we all have experienced similar emotions. This connects humans and how we cope with our emotions. Lastly, **mindfulness** is the practice of self-awareness by identifying and experiencing emotions. It is “a nonjudgmental state where we simply observe what is going on inside of us. (Nelson et al., p. 124, 2018).”

There is no “one size fits all” approach to learning and practicing self-compassion, but there are some methods that can help. One method often used is challenging negative thoughts. When we act out of a self-critical and judgmental state we tend to berate ourselves about what we did wrong and then make it personal. We connect our wrongdoings and mistakes to our character and personality which then increases our anxiety and lowers our self-esteem. Imagine what would happen if we acted out of a state of fairness and acceptance. Our mindset would acknowledge that we have done wrong, and then accept it as it is. The connection to ourselves would be less harsh and more forgiving.

Example scenario: Tina takes her children to school and forgot to pack them lunch. Her children look upset going into school because they have to buy lunch instead. Tina starts her work day feeling guilty and disappointed in herself.

Fair thought toward oneself VS Negative judgment

“I am very forgetful and make mistakes, maybe later I can help the kids learn to pack their lunch.”

“I am very forgetful and make mistakes, I am a horrible mother. There’s nothing I can do that is right.”

Learning to embrace the uncomfortable feelings and thoughts as they occur is also a challenge. Try beginning with the mindful practice of understanding your emotions and how they appear in your body. This can also look like taking a few minutes to yourself to reflect, breath, or soothe yourself. It is ok to have faults and flaws, sometimes we must recognize them and accept that we are works in progress. There is always room for improvement so give yourself some grace to do so.

## References

Nelson, J. R., Hall, B. S., Anderson, J. L., Birtles., C., & Hemming, L. (2018). Self-compassion

as self-care: A simple and effective tool for counselor educators and counseling students. *Journal of Creativity and Mental Health*, 13(1), 121-133.

Retrieved from <https://doi.org/10.1080/154013...>

## GROUP THERAPY:

- We are currently offering numerous Groups for children, teens, and adults, including:
- Anxiety & Depression Group for tweens (11-13)

- Teen Anxiety & Depression Group (14-15)
- Teen Anxiety & Depression Group (16-18)
- Teen Empowerment & Growth Group
- Teen Social Club
- Parenting Teens Support Group
- Young Adult Anxiety & Depression Group

Krippa Family Psychological & Wellness Services  
**PARENTING GROUP**  
 Wednesdays @ 7pm

SKILLS TO HELP YOUR TEEN  
 MANAGE INTENSE EMOTIONS.

FEELING OVERWHELMED WITH  
 YOUR TEEN?  
 ARE YOU EXPERIENCING  
 DISRUPTION AT HOME?

IN GROUP YOU WILL RECEIVE:

- HEALTHY STRATEGIES FOR YOU & YOUR TEEN
- SKILLS THAT LEAD TO A BETTER RELATIONSHIP WITH YOUR TEEN
- A SUPPORTIVE PARENTING ENVIRONMENT

10 week long group      For more info:  
 \$200 deposit            (919) 893-9444  
 \$50/ week                info@ncpsychologist.com

KRIPPA FAMILY PSYCHOLOGICAL &  
 WELLNESS SERVICES

**TEEN SOCIAL  
 ACTIVITIES CLUB**

\$20 a meeting  
 Stephanie Brekstad, Graduate Intern

Many teens have difficulties interacting in social settings and making friends. Our group helps facilitate this process through bi-weekly social events.

MEETING EVERY OTHER FRIDAY (2-3)  
 TIMES A MONTH  
 6-7PM  
 547 KEISLER DR. SUITE 202, CARY NC

Contact Stephanie by calling (919) 893-9444  
 press 3, email [stephanie@ncpsychologist.com](mailto:stephanie@ncpsychologist.com)  
 visit <https://ncpsychologist.com/group-therapy>

**TEEN EMPOWERMENT GROUP**

MEETING EVERY MONDAY AT 5PM

IN THIS GROUP YOUR TEENS WILL LEARN VALUABLE SKILLS RELATED TO:

- GREATER SENSE OF SELF
- SELF ESTEEM
- COMMUNICATION AND SOCIAL SKILLS
- HEALTHY RELATIONSHIPS BETTER BOUNDARIES

Phone consultation required call: (919)-893-9444, press 1 schedule or visit <https://ncpsychologist.com/group-therapy> to schedule online and for more information

[Website](#)

To learn more about any of our Groups and to enroll please call us at 919-893-8444 or email us at [info@ncpsychologist.com](mailto:info@ncpsychologist.com). Visit us at [www.ncpsychologist.com](http://www.ncpsychologist.com) and our Facebook and Instagram pages: Krippa Family Psychological & Wellness Services.

**TEEN INTENSIVE OUTPATIENT PROGRAM**

This program is for teens 11-18 years old. It is available 5 days per week in our newest location at :

104A Fountain Brook Circle,  
 Cary, North Carolina, 27511

For more information, please click on the button below, or call us at

[919-893-9444](tel:919-893-9444), option 1 for intakes. Email us at :

[info@ncpsychologist.com](mailto:info@ncpsychologist.com). Visit us at [www.ncpsychologist.com](http://www.ncpsychologist.com) and our Facebook and Instagram pages: Krippa Family Psychological & Wellness Services.

**Krippa Family Psychological & Wellness Services**

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