

3 Ways to Practice Self-Compassion During These Trying Times

1. Treat Yourself as You Would a Small Child

You would never treat a small child the way you may sometimes treat yourself. You would not call a child “stupid” for making a poor decision. And you certainly would not tell them they are unlovable and “will wind up alone forever.” It may be hard treating yourself with such kindness in the beginning because you are not used to it. But in those moments of disappointments or failures, decide to treat yourself as you would a child.

2. Practice Mindfulness/Meditation

Self-criticism is a mental habit. To replace self-criticism with self-compassion, we must practice mindfulness. When you find yourself caught up in that negative noise and mind chatter, stop, take a deep breath, and refocus your thoughts on something more positive about yourself. What qualities do you like about yourself? What have you done recently that you feel proud about? It can be anything, “I am always on time,” or, “I have been taking all the COVID-19 safety measures to heart.” When you do find yourself having negative thoughts, DO NOT chastise yourself for having them. Thank those negative thoughts and tell them you no longer need them, then send them on their way to make room for positivity which is so greatly needed at this time in all our lives.

3. Give Yourself Permission to Be Human

At the end of the day, self-compassion is about being okay with our own humanity. It is important to recognize that being human means being flawed, and that is okay. You and the rest of the world have imperfections in common. Give yourself permission to make mistakes and accept yourself, warts, and all. You will be pleasantly surprised how much lighter and happier you will feel during these extremely stressful times.

NOTE: You can read his full Blog at: <https://charlesallencounseling.com/3-ways-to-cultivate-more-self-compassion/>