

FEBRUARY 2024

Self-Compassion

The importance of self-compassion



Being compassionate towards others is important, but so is treating ourselves with kindness. How we treat ourselves often influences the ways we treat others. In this month of love, consider what it would be like to be kind to your mind, body, and spirit. You may find that the more kind and compassionate you are with yourself, the more you can have compassion for others. Read below for some tips on how to be compassionate towards yourself.

What is self-compassion?

Simply put, self-compassion is the mindful act of treating ourselves with kindness (like we would with a friend) when things do not quite go our way. This could look like telling ourselves that we'll do better next time on a test when we get a lower grade AND that we will study more the next time around. Self-compassion is more than just being nice to ourselves. It includes acknowledging our responsibilities and taking steps to meet them while having grace on ourselves when we are not able to fulfill them.

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What does it look like to be self-compassionate?

Pause and notice your thoughts

If you find yourself having a critical thought, acknowledge and accept its presence. Then, kindly question it.

- Is this thought true? Or is it just a fleeting feeling?
- Would I talk to my best friend like I am talking to myself?



Have self-compassion breaks

During recess or lunch, take a couple of minutes to remind yourself that you are doing your best and that you matter. Make a mental list of all the good you did that day. Perhaps you smiled at someone new or finished an assignment way before the due date. All of this helps you see your worth. You matter.

Some helpful thoughts

When you feel self-critical, lovingly tell yourself that:

- “I am doing my best and I will learn as I go.”
- “I am not alone in finding this hard. Other kids and teens are going through the same things.”
- “Things have been difficult, and I can take care of myself during this.”
- “I have the support of my teacher, friends, and/or family member to get through this.”

If you would like to speak to a school counselor about how you can be more kind to yourself, please tell your teacher. There are people who care and want to help.