

The way we talk to ourselves matters, just like the way we talk to other people matters.

How would you respond to a friend if they were having a bad day? Is it different than how you respond to yourself?



YMHC is a community-based, youth-led charitable non-profit organization focused on youth, family and community engagement for mental health education, support, advocacy and change.

We advocate for needs-based, culturally sensitive, trauma-informed mental health supports, services and educational accommodations and direct funding to families to support young people with chronic mental health disabilities.

YMHC
Youth Mental Health Canada



**POSITIVE
SELF
TALK**

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WHAT IS SELF COMPASSION?

Having compassion for yourself is just like having compassion for someone else.

The four steps of compassion:

1. notice a person is suffering (even if that person is you)
2. be moved by the suffering so that your heart responds to the pain; feeling with
3. have feelings of warmth, caring, and the desire to help the suffering person in some way (this comes naturally from 'feeling with')
4. recognize that suffering is something that every human experiences

There are three elements to self compassion:

self-kindness vs. self-judgement

This involves being kind with ourselves when we suffer or fail rather than criticizing or self-blaming/

common humanity vs. isolation

Often when we make mistakes or suffer we feel very alone. Part of having self compassion is recognizing that suffering is part of the shared human experience.

mindfulness vs. over-identification

When we are mindful about our feelings, we are aware of the as they are without being judgemental but also without minimizing or exaggerating them.

Remember:

- the more we practice being kind and compassionate towards ourselves, the easier it becomes
- self compassion is not a way to fight against our pain, but to accept and care for it



Can you think of a situation in your life right now in which you can practice responding with self compassion? What would that look and sound like?