



## Self-Compassion

Self-compassion helps to reduce stress and anxiety, while improving wellbeing and resilience . . . the good news is self-compassion can be increased with a bit of practice and can be learned.

Self-compassion is helpful to your psychological well-being and is linked to increased emotional resilience, more caring relationship behaviour and less reactive anger.



## Definition:

*Self-compassion* is a *positive attitude* we can have towards ourselves. Having self-compassion means being able to relate to yourself in a way that's *forgiving, accepting,* and *loving* when situations might be less than optimal. Having compassion for oneself is really no different than having compassion for others. Think about what the experience of compassion feels like. Having *compassion* also means that you offer *understanding* and *kindness* to others when they fail or make mistakes, rather than judging them harshly. When you feel compassion for another (rather than mere pity), it means that you realise that suffering, failure, and imperfection is part of the shared human *experience*.

Self-compassion involves acting the same way towards yourself when you are having a difficult time, instead of ignoring your pain. It's ok to stop and tell yourself, this is a really difficult right now, how can I care for myself in this moment. Don't judge or criticise yourself for inadequacies or shortcomings.

*Be kind* on yourself, after all whoever said you were supposed to be perfect? Similarly, things will not always go as planned, you will encounter frustrations, losses will occur, you will make mistakes. This is the human condition, a reality shared by all of us. The more you *open your heart* to this reality instead of constantly fighting against it, the more you will be able to feel compassion for yourself and others.

## Tips and Techniques for Practicing Self-Compassion

### Treat yourself as you'd treat a friend.

Think about how you would treat others that you care about. Let yourself make mistakes. We can let ourselves off the hook as we might do for others.

### Become more self-aware.

Stop being so hard on yourself. Becoming aware of our internal narratives is a positive starting point for changing our self-talk.

### Write to yourself as you would do to someone you cared deeply about.

Remind yourself that you are not superhuman or immune from painful feelings.

### Self-Compassion affirmations to practice.

Below are affirmations, practice them to replace self-criticism and remind yourself to be kind to number one.

- I accept the best and worst aspects of who I am
- I'm not the first person to have felt this way, and I won't be the last, but I'm learning
- Stop being hard on myself, change is never simple
- I am going to grow and learn from my mistakes
- It's ok to show kindness to myself
- Every day is a new opportunity. I won't let self-doubt or judgment hold me back from the future
- I forgive myself and accept my flaws because nobody is perfect - and move forward with self-love tomorrow
- I deserve compassion, tenderness, and empathy from myself



# Ways to reduce overthinking

Worrying in itself is not a bad thing, it shows you care. However when it is constant and obsessive you may become fearful of making a mistake or doing something wrong.

## Overthinking can take many forms

Endlessly deliberating when making a decision and then questioning the decision, attempting to read minds, reading into the smallest of details and trying to predict the future.

## The first step

Try and understand exactly what is going on, write down your thoughts and then shift your attention to the solutions.

## Don't think of what can go wrong, but what can go right

When you focus on all the negative things that might happen, it's easy to then not do anything at all. Start visualising all the things that can go right and keep those thoughts to the front of your mind.

## Put things into perspective

The next time you find yourself making a mountain out of a molehill, ask yourself how much it will matter in five years, or even in the next month.

## Own your decision and accept your best

Keep in mind that all you can do is make the best possible decision with the information you have. Stand up tall and keep your head up, no matter what the result is. Somethings you can't control, once you have given them your best efforts accept this as you have done the best that you could do.

Even if it doesn't turn out the way you wanted, you might have made an excellent decision at the time. Remember that just because things didn't work out before does not mean that has to be the outcome every time.

**Every**  
*opportunity*  
**is a**  
new beginning,  
*a place*  
**to start**  
**again.**

“

“You are  
what you believe  
yourself to be.”

“

“Self-compassion  
is simply giving  
the same kindness  
to ourselves that  
we would give  
to others.”

There are many resources to help you keep a check on your wellbeing

Try the  
**MY CHECK-UP**  
tools on your  
**EAP NOW App**



## How do I access EAP Services?

To request a confidential in-person, phone or e-counselling appointment, scan the QR code phone or visit our website.

NZ [0800 327 669](tel:0800327669)

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