Self-care and Self-compassion - Discussion Notes

What does "Self-compassion" mean?

- Being kind to yourself

- Doing nice stuff for you – caring and support (inside & outside)

- Acceptance

- It's OK – I'm OK, I'm enough

- Carving time for you and not feeling guilty

- Allowing yourself to stop and take a break

- Self-forgiveness

Important and relevant?

- We risk burnout

- Good to be 'selfish' and put yourself first

- Cultural

- More relevant for women

- Important to be able to let go and move on

- Quality of life – enjoyment and health

- Better headspace

- More compassionate to others

- More objective and rational

- Keeps my emotions more level

- Remove pressure on others (lowers bar)

- Congruence with self-care – reach harmony

Why don't we show more compassion?

- Don't think about (until pointed out)

- Sign of weakness

- Admitting we are out of balance

- Programmed not to be compassionate/Programmed to take on too much responsibility

- Critique drives me forward – can be good / take personal responsibility

- Generational – selfish/frowned upon

- Martyrdom/Pride

- Not conscious about it

- Double standards – high for ourselves

- Habit

- Fear being overly indulgent

- Holding ourselves to impossible standards

- Previously failures weren't seen/public – more permission to fail/learn/talk/etc.

How can we be more compassionate?

- Stop saying yes

- Take time/headspace

- Date nigh/date day with myself

- It's good enough and I am enough

- Stop worrying what people think about me!

- Let it go!

- Accept help when it's offered

- Affirmations and mantras

- Talk positively to ourselves

- Banish guilt

- Work out boundaries (and non-negotiables)

- Tell yourself you love yourself

Takeaways and actions

- Don't' feel guilty and do more of it!

- Remember how important and non-negotiable

- Be more aware of where it's required

- Seek out examples of where others are being self-compassionate and what I can learn from this

- Think about how much happier I am when I do this and remember the feeling

- Feel like my true self

- Let go more and leave myself in peace