

Happy Wellness Wednesday CB!

Last week's message was on compassion: The care, thoughtfulness and gratitude that we demonstrate towards others. Today's message takes last week's one step further. Today we focus on *self*-compassion.

Having self-compassion is to extend to one's self the same caring and unconditional positive regard we extend to our loved ones. It is about being our own loving best friend, motivating us to take steps toward self-care, personal growth, resilience, and inner peace.

Over the last decade or so, research has consistently shown a positive correlation between self-compassion and psychological well-being. People who have self-compassion also have greater social connectedness, emotional intelligence, happiness, and overall life satisfaction. Self-compassion has also been shown to correlate with less anxiety, depression, shame, and fear of failure.

Today I invite you to reflect on the compassion that you show yourself. When you are feelings stressed, experience disappointment or even failure, how do you treat yourself? Is your self-talk kind and encouraging or punitive and degrading?

Every moment of our lives is an opportunity to demonstrate or improve upon our self-compassion.



Below is a Ted Talk by Dr. Kristin Neff on self-compassion. When you have a moment, check it out. I found it to be informative and motivational. I hope you enjoy it.

<https://www.youtube.com/watch?v=lvTZBUSplr4&feature=youtu.be>

Take care and stay well,

Ms. McDougall