

Self-Compassion – RESOURCES

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Below is a recap of the fundamentals of self-compassion plus a few of my favourite resources, in case you want to explore further.

SELF-COMPASSION BASICS

What is Self-Compassion?

Self-compassion is the recognition of your own distress, suffering, or discomfort along with the desire to alleviate that distress. It has 3 components:

1. **Mindfulness:** Recognizing and accepting that you are experiencing difficulty.
2. **Shared humanity:** Reminding yourself that *everyone* experiences challenges and disappointment from time to time and *everyone* makes mistakes.
3. **Kindness:** Treating yourself with the same kindness you would show someone you care about.

What is Self-Compassion NOT

Self-compassion is not:

- Self-pity
- “Positive thinking” or “feeling better” (at least, not in the moment)
- Self-esteem or positive self-evaluation
- Apathy or giving up

Practicing Self-Compassion – 5 Steps

1. Think of a situation that is causing you distress (OR notice that you are in a distressing situation).
2. Notice the distress or discomfort in your body. Where is it? What does it feel like?
3. Mindfulness: Acknowledge that what you are experiencing is hard.
4. Shared humanity: Remind yourself that everyone experiences difficulties from time to time and that everyone makes mistakes. These are just part of being human.
5. Kindness: Actively show yourself kindness.

Benefits of Self-Compassion

Practicing self-compassion does not always lead to feeling better in the moment, but over time it might lead to:

- Greater resilience in the face of setbacks and failure; an increased ability to view mistakes and setbacks as opportunities for learning and growth
- Reduced procrastination
- Reduced stress
- Increased compassion for others

LEARN MORE – SELF-COMPASSION

Websites

Dr. Kristin Neff's website: <https://self-compassion.org/>
Center for Mindful Self-Compassion - <https://centerformsc.org/>

Self-Compassion Research

<https://self-compassion.org/the-research/> (Searchable by area of study)

Articles (General)

Karen Bluth & Kristin D. Neff. (2018). New frontiers in understanding the benefits of self-compassion. *Self and Identity*, Vol 17, no. 6, 605-608. [PDF](#)

Neff, Kristin D. (2011). Self-compassion, self-esteem, and wellbeing, *Social and Personality Compass*, 5, 1-12. [PDF](#)

Articles (Music)

Johnson, Jessica. "The Self-Compassionate Musician: Learning to Love Your Self Through Music Making and Teaching," *American Music Teacher*, August/September 2016, pp. 19-22.

Johnson, Jessica. "Self-Compassion in the Studio: Helping our Students Practice with Kindness," *Piano Magazine* (formerly *Clavier Companion*), Winter 2019-2020, Vol. 11, No.5, pp. 64-65.

Blogs

[Why Self-Compassion Trumps Self-Esteem](#) – Greater Good Magazine

[Let's start with self-compassion](#) – Music, Mind, and Movement

Books

Germer, Christopher and Kristin Neff. *The Mindful Self-Compassion Workbook: A Proven Way to Accept Yourself, Build Inner Strength, and Thrive*. The Guildford Press, 2018.

Germer, Christopher K. *The Mindful Path to Self-Compassion: Freeing Yourself from Destructive Thoughts and Emotions*. The Guilford Press, 2009.

Neff, Kristin. *Self-Compassion: Stop Beating Yourself Up and Leave Insecurity Behind*. Harper Collins, 2011.

Podcasts

Ten Percent Happier Podcast – <https://www.tenpercent.com/podcast>

Especially:

[The Ultimate New Year's Resolution](#) (with Jeff Warren and Susan Piver)

[The Scientific Case for Self-Compassion](#) (with Chris Germer)

[How to Actually Do Self-Love](#) (with Karamo)

[You're Doing Resolutions Wrong. Here's How to Fix It](#) (with Laurie Santos)

The Happiness Lab – <https://www.happinesslab.fm/>

Especially:

[Dump Your Inner Drill Sergeant](#) (with Kristin Neff)

LEARN MORE - MOTIVATION

There is lots of great stuff out there on motivation. In the context of a discussion about self-compassion, I really like these blog posts by my colleague, Christine Carter, because they highlight that NOT being motivated is actually a very normal state for humans! Knowing this helps me be gentle with myself when I am struggling with motivation.

[Motivation in Isolation](#) – The Curious Musician

[Where There's a Way There's a Will, Part 1](#) – The Curious Musician

[Where There's a Way There's a Will, Part 2](#) – The Curious Musician