

Self-Compassion Tip Sheet

Do you find that sometimes you are hard on yourself to the point that you bring down your mood and/or self-esteem? Here are some tips to help you to be kind to yourself, even in the worst moments.

- Try to acknowledge and understand your feelings (i.e., why am I feeling..., It makes sense that I feel...)
- When you have a bad day, or get down on yourself, fill out and re-read your Toot-your-own-horn worksheet.
 - <http://www.self-esteem-experts.com/support-files/tootyournhornworksheet.pdf>
- Watch the TED talk, The Space Between Self-Esteem and Self-Compassion.
 - <https://www.youtube.com/watch?v=IvtZBUSplr4>
- Ask yourself, would I talk to one of my friends the way I am talking to myself right now?

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- Accept that you are not perfect, as imperfections are what make us human.
- Try to find the meaning in the situation (i.e., what did I learn from this?)
- What would you say to a friend in this situation? Say it to yourself.
- Try to re-frame negative thoughts and self-doubt.
 - Eg. “Why did I do/say that? I am worthless, I am dumb”
 - To: “I will learn from this, no one is perfect, I will do better next time”
- Using positive self-talk can often shift our feelings and beliefs about ourselves.
 - Eg. This situation does not define me
 - I will get through this
 - I am capable, I am strong

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- Presented by Megan Campbell, MC, Registered Provisional Psychologist
 - Would you like to come in to talk about how you have been feeling?
 - Contact me today to book an appointment at 403-454-7600
 - Or go online to read my biography and to book an appointment through our online booking system.

- <https://serenitynowwellness.ca/>