

Self-Compassion during the COVID-19

Self-compassion could help us persevere through the challenges we are faced by the COVID-19 pandemic

- Self-compassion is the ability to suffer *with* yourself, through your failures and imperfections. It is not self-pity, self-indulgence or self-esteem. Self-compassion is unconditional, driven by broader perspectives, and is focused on long term benefits for self.
- Try this very easy and short exercise:
 - Do you know a close other who feels terrible or is struggling in some way? Perhaps due to the impact of COVID-19? Think or write down how you would usually respond to them, and note the tone that you would use to talk to them.
 - Put yourself in the same situation as your close other. How do you usually respond to yourself, when you're in that situation?
 - Is there a difference in how you responded? (self vs close other). What was different and why?
 - What would change if you started responding to yourself as you would with your close others?