

# The Importance of Self-Compassion



## What is Self Compassion?

Self-compassion is the practice of being kind to yourself during difficult moments, treating yourself with the same understanding and care that you would offer a close friend. Instead of self-criticism, self-compassion invites you to acknowledge your struggles and imperfections with love, patience, and non-judgment.

## The Impact on Self-Esteem

When we treat ourselves with kindness rather than harsh judgment, we build a stronger, more resilient sense of self. Self-compassion helps to:

- Reduce Negative Self-Talk: Replace self-criticism with supportive thoughts.
- Boost Emotional Well-Being: Helps to manage stress, anxiety, and depression.
- Increase Resilience: Encourages you to bounce back from setbacks.
- Foster Acceptance: Embrace both your strengths and imperfections.

## The Benefits

- ✓ Increased confidence
- ✓ Improved mental health
- ✓ Better relationships
- ✓ Growth mindset

Remember, self-compassion is a skill that takes time and practice. Be patient with yourself as you learn how to treat yourself with kindness and understanding. Your self-esteem will grow as you learn to love and accept yourself fully.

**Tip: Write down three things you like about yourself each day. This small exercise can make a big difference in your self-worth over time.**

## Ways to Practice Self-Compassion for Greater Self-Esteem



### Be Kind to Yourself

Speak to yourself like you would to a friend in need. Use gentle, comforting words instead of harsh judgment.



### Identify Your Feelings

Identify and name your emotions and feelings without dismissing or suppressing them. It's okay to feel vulnerable or upset.



### Practice Mindfulness

Stay in the present moment without over-identifying with your thoughts or feelings. This helps reduce feelings of shame or guilt.



### Celebrate Small Wins

Acknowledge your accomplishments, no matter how small. This helps to build a positive self-image.



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