

THE BENEFITS OF Mindful Self-Compassion

Less

- Depression
- Anxiety
- Stress
- Shame

More

- Happiness
- Life Satisfaction
- Self-Confidence
- Physical Health



Self-compassion can be learned. You can learn to be more mindful and compassionate toward yourself.



Research shows that practicing Self-Compassion can increase social-contentedness. Participants were also less likely to avoid difficult emotions.

Learning Mindful Self-Compassion is not easy. It requires practice just like any other skill, but can radically transform the way you relate to yourself, and by doing so, radically transform your life.

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