



HERE ARE

5 EASY STEPS to SELF-COMPASSION

Step 1

Find the Right Level of Generosity

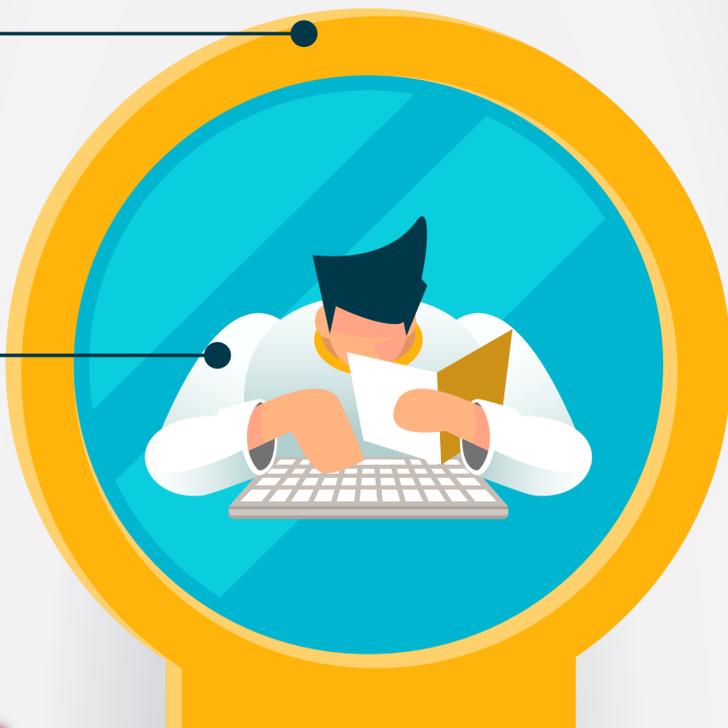
Raj Raghunathan (2016) has identified three different reciprocity styles: giver, taker and matcher. Obviously, givers are the most generous people and generosity is a great way of employing compassion.

However, givers can be both the most successful and the most unsuccessful of people as they may fall into a pattern of selfless giving, ignoring their own needs.



For generosity to work in favour of your wellbeing, it cannot be selfless. So when being generous, make sure you are aware of your own needs before progressing.

Then consciously choose the person, the resources you have available and your level of energy based on what is in surplus to your own wellbeing.



Step 2

Be Mindful

Mindfulness has been found to have a positive impact on self-compassion as it has the tendency to lessen self-judgement.

Whatever you do, try to be in the moment and aware of what is happening right now without judgement and labelling.



Step 3

Express Gratitude

Feeling a sense of gratitude is very powerful. Rather than wishing for what we do not have, there is a lot of strength in appreciating what we do have, right now.

You can choose to write a gratitude journal or go for gratitude walks.

By focussing on our blessings we employ a gentler voice and move the focus away from ourselves and our shortcomings and out to the world with all its beauty.

Step 4

Employ a Growth Mindset

At the heart of Carol Dweck's research is the impact of our mindset on wellbeing. She found that whether we have a fixed or growth mindset influences our happiness.



Do you view challenges as insuperable obstacles or as chances to grow?

Become aware of your view of the world and try to employ a growth mindset. Embrace rather than avoid challenges, persist in finding meaning in them, don't give up on yourself.

When you find you are criticizing yourself in comparison with others, try to find inspiration in their successes and strengths instead than feeling threatened.



Step 5

Practice Forgiveness

Stop punishing yourself for your mistakes. Accept that you are not perfect and be gentle with yourself when you are confronted with your shortcomings.

You are valued by your friends and colleagues for who you are, not because you are faultless. Become aware when you derive a sense of self-worth from performance or perfection.

Understand that you do not need to be a certain way to be worthy of love. One way to remind yourself that you are worthy without performance is to put a sticky note near your desk or in your wallet to send a message reminding you to be gentle and kind with yourself.

Allow what you think or feel to have its moment, don't give it the microphone or hide it in the corner. Allow it to come and then without attachment, let it go.



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ADVANCING PROFESSIONAL DEVELOPMENT THROUGH VIRTUAL MENTORING