

Self-Compassion Break

Practicing self-compassion can be done by reminding ourselves that no one is perfect, everyone makes mistakes, anyone can fail, and that people experience hardships throughout their lives. It is easy to fall into the trap of believing we are the only person who is suffering, struggling or feeling pain. We can often feel alone and isolated in our suffering, but we need to remind ourselves that pain is part of the shared human experience.

Although pain will be felt at different times, under different circumstances and to different degrees, it will be felt by everyone at some point. It is important to remind ourselves in times of pain or suffering that this is a common human emotion felt by everyone and that we must approach it with kindness instead of negativity.

This technique of the self-compassion break can be used whenever you feel you need it and is an excellent technique to use to start to turn negative thoughts into kind thoughts.

The self-compassion break is made up of 3 parts: Mindfulness, Common Humanity and Self-Kindness.

- To begin think about a current situation where you are feeling pain, suffering or that you are struggling with.
- Now introduce mindfulness, acknowledge that this is a moment of suffering, or this hurts, or this is hard. It is important to use language that feels natural to yourself.
- Now remind yourself of common humanity, that other people may feel this way, everyone can struggle and that we all feel pain.
- Now introduce self-kindness, you may say self-kindness phrases internally or out loud. You could say things such as;

May I be kind to myself.

May I forgive myself.

May I be patient.

May I be strong.

May I give myself compassion.

May I accept myself as I am.

If you need additional support for any issues relating to cancer and your mental health, we are here for your wellbeing providing free counselling, stress management workshops and 'here for you' calls. Contact Cancer Support Scotland free on 0800 652 4531 or email wellbeing@cancersupportscotland.org.

