

Mindful Self-Compassion [MSC] Highlights



Mindfulness

"Paying attention on purpose to the present moment without judgment and with a willingness to be with what is."

— Lauree Dash

"Awareness of the present moment with acceptance."

— Christopher K. Germer, PhD



Acceptance

"Active, non-judgmental embracing of experience in the here and now."

— Steven Hayes



Self-Compassion

"When we suffer, caring for ourselves as we would care for someone we truly love. Self-compassion includes self-kindness, common humanity, and mindfulness."

— Kristin Neff, PhD.

Some Things to Remember

Soothing and Supportive Touch

We are part of the mammalian caregiving system. As infants, mammals bond with their parents primarily through touch and soothing voice. They have a longer developmental period than reptiles to feel safe and secure before they can be in the world. We can support ourselves somatically.

Evidence shows that touch is a reliable way to express kindness and compassion (Keltner, 2019), and a simple gesture like putting a hand on our heart can influence how we think and feel (Parzuchowski et al., 2014).

Self-soothing touch has also been shown to reduce cortisol (Dreisoerner et al., 2021).

We can support ourselves physically with kindness and care through supportive touch and self-directed kind phrases.

The Mindful Self-Compassion Break

This is a quick and efficient self-compassion practice that can be applied whenever participants find themselves in difficult situations. This practice offers an embodied experience of the 3 components of self-compassion:

1. Mindfulness
2. Common Humanity
3. Self-Kindness

"If your kindness does not include yourself, it is incomplete."

—Jack Kornfield