



SELF-KINDNESS & WELLBEING

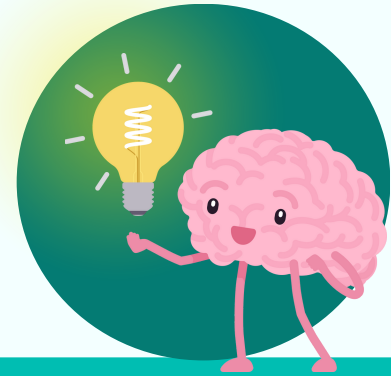


KEY INSIGHTS & SUMMARY

SELF KINDNESS = SELF COMPASSION + SELF CARE

Self Compassion:

the mindful and emotion based practice of showing ourselves support & understanding



self-compassion is a strong positive predictor of wellbeing and life satisfaction, and a strong negative predictor of loneliness and mental health difficulties.

self-compassion is associated with....

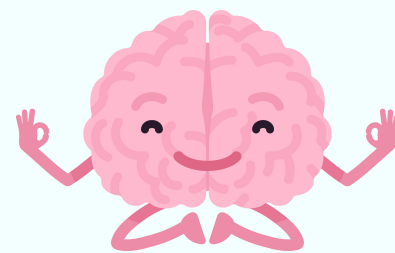


Allen & Leary, 2010

lower cortisol



Rockliffe et al., 2008



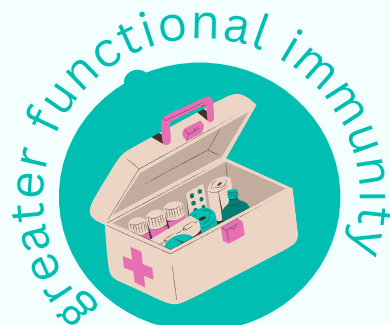
better sleep



Phillips & Hine, 2019



Phillips & Hine, 2019



Phillips & Hine, 2019



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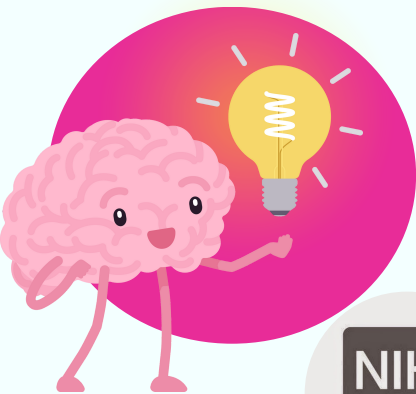


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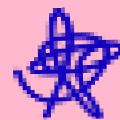
Self Care:

the more action-based practice of self-love and compassion



Self-care means taking the time to do things that help you live well and improve both your physical health and mental health.

Self-care techniques and general lifestyle changes can help manage the symptoms of many mental health problems.



help you manage stress

Martínez et al., 2021



self care can...

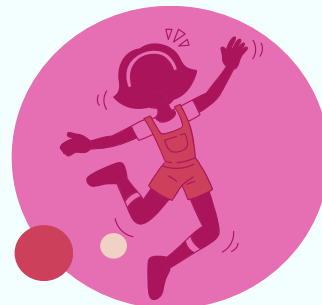
Martínez et al., 2021

lower your risk of illness



increase your energy & productivity

Martínez et al., 2021



enhance self-esteem

McKean, 2023



McKean, 2023



prevent compassion fatigue