

# SELF-KINDNESS & WELLBEING

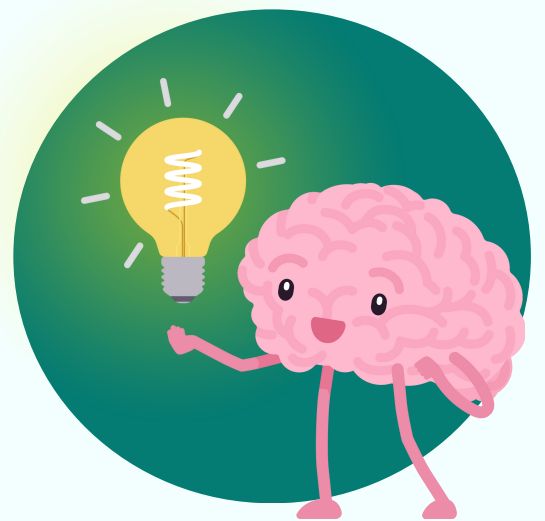
## KEY INSIGHTS & SUMMARY



SELF KINDNESS = SELF COMPASSION + SELF CARE

### Self Compassion:

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

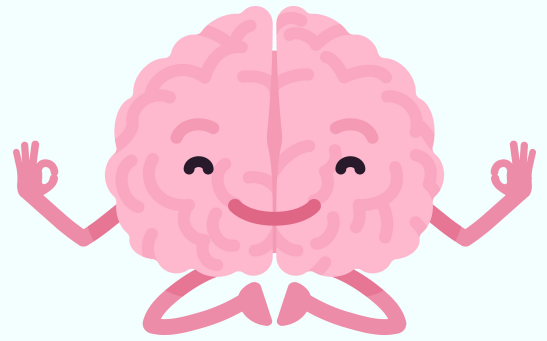


self-compassion is a strong positive predictor of wellbeing and life satisfaction, and a strong negative predictor of loneliness and mental health difficulties.

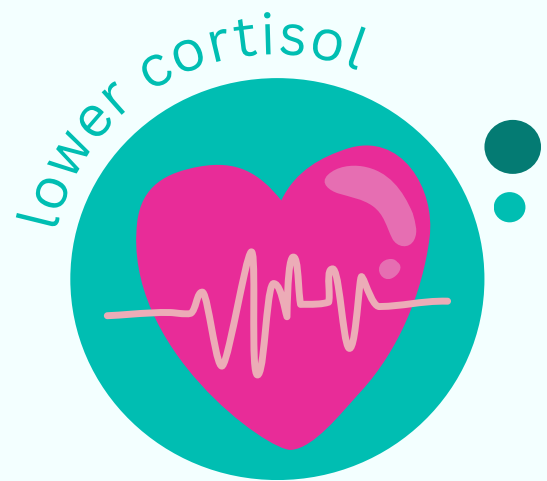
### self-compassion is associated with...



Allen & Leary, 2010



Phillips & Hine, 2019



Rockliffe et al., 2008



Phillips & Hine, 2019



Phillips & Hine, 2019

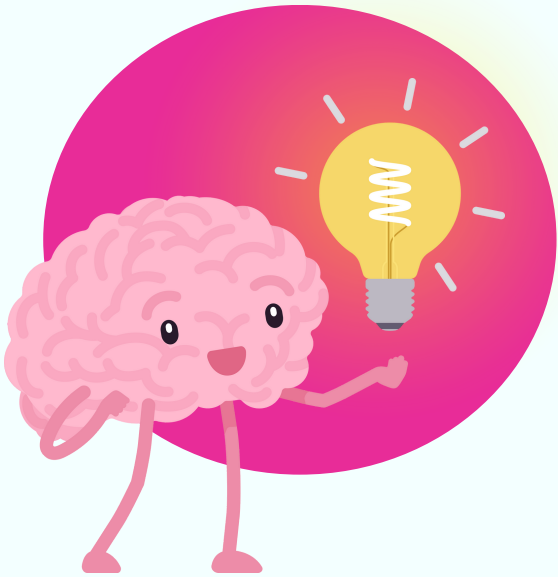
These infographics were created by Ray Teso Buitrago & Freya Smith  
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### Self Care:

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.



## self care can...

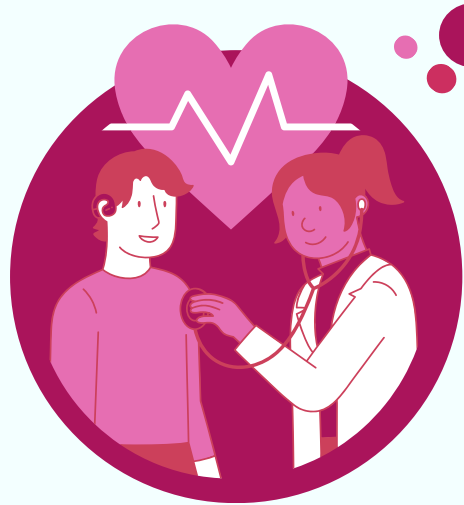
Martínez et al., 2021

help you manage stress



Martínez et al., 2021

lower your risk of illness



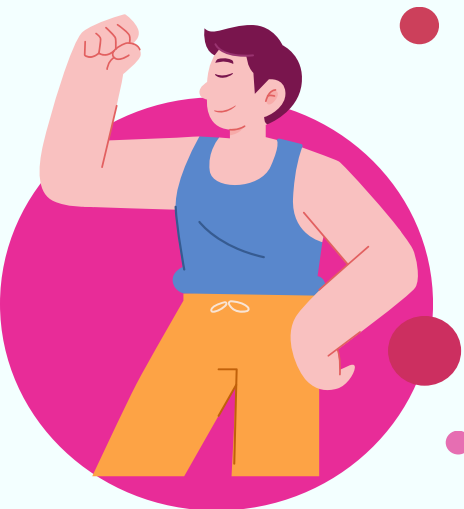
increase your energy & productivity

Martínez et al., 2021



McKean, 2023

enhance self-esteem



McKean, 2023

even prevent compassion fatigue!



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