

Self-Compassion to Help our Mental Wellbeing

Class Summary

- When things don't go our way, we can judge and blame ourselves and this extends the stress in our body, which can lead to anxiety and depression
- Offering ourselves self-compassion helps to prevent our self-directed negative thoughts from spiralling downwards
- The quicker we can stop negative thoughts, the better it will be for developing resilience to depression
- Resentment towards ourselves or others, by the way of judging or blaming, extends the psychological stress throughout our body
- It promotes the release of cortisol and begins the inflammatory process throughout our body and brain
- Forgiving ourselves and others is the antidote to this psychological stress
- When studying brain scans during and after self-compassion meditation, we observe increased activity in our brain's circuitry for happiness
- We start to see an increase in positive feelings after just 7 minutes of practice
- It takes only 30 minutes of practice a day, for just 2 weeks, to increase connectivity in the brain's circuitry for happiness
- Forgiving yourself requires a foregoing of the ego
- For difficult feelings, notice and name the feeling, then direct your compassion towards these feelings too, they will lessen as you lessen your resistance to them. If the feelings get too much at any point, redirect your attention to your breath