



EMPLOYEE HEALTH & WELLBEING SERVICE

Occupational Health
Occupational Physiotherapy
Employee Wellbeing

Self-compassion



During stressful times it is especially important that we are able to calm and soothe ourselves while remaining present and connected to ourselves and our environment. Developing self-compassion is fundamental to achieving this. Being cruel to ourselves and trying to be perfect can, in fact, make situations more difficult and affect our wellbeing. Below are resources for developing self-compassion.

- [Kristen Neff's website](#) is a great start to learning about and developing your self-compassion. She explains the fundamentals and importance of self-compassion, and provides various meditations and practices for self-compassion.
- The **Centre for Clinical Interventions** provides a [self-compassion workbook](#), which consists of practices and information to help you to be kinder and more compassionate to yourself.
- There is some practical advice on self-care on the mental health charity [MIND website](#).
- The **Employee Wellbeing Service** will be providing regular online workshops for compassion and self-care. These workshops will be an opportunity to learn how to care for ourselves better. We will cover: how the brain and body react to stressful situations, the importance of a 'soothing system' in being able to care for ourselves and different strategies to develop this. [View more information about the Wellbeing Workshops](#).

Alternatively, a recorded version of this workshop is now available on YouTube. [See Part 1 here](#).