Warning signs you're being too hard on yourself:

- Small mistakes are a big problem
- Nothing seems good enough
- Needing to do everything by yourself
- Name-calling yourself
- Expecting perfection

WE ARE HERE TO HELP

Peer Support by Phone: 204-560-1461
Peer Support Hours: 9 AM - 9 PM, M-S
Province-wide Toll-Free: 1-800-263-1460
Office Hours: 9 AM – 4:30 PM, M-F

For Peer Support groups and course schedule, please email or visit our website:

Email: **info@moodmb.ca**
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Being Kind to Myself:

Self-Compassion

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Helping People Help Themselves

Self-compassion means being kind and understanding toward yourself, especially when things are hard. It helps to break this big idea into three smaller parts:

Self-kindness

Self-kindness means treating yourself the way you would treat your best friend.

Mindfulness

Mindfulness is about noticing what you're feeling right now, without saying it's "good" or "bad." If you're feeling stressed, mindfulness helps you notice that feeling and reminds you it won't last forever.

Common humanity

Common humanity is about remembering that no one is perfect—not you, not anyone. We all make mistakes, and that's part of being human. Remembering this can help you be more patient and realistic with yourself.

How to practice Self-Compassion

Instead of motivating yourself by being mean:

Try being gentle instead--like you are mentoring someone or talking to the little kid version of you

Instead of letting negative thoughts take over:

Try recognizing them and letting them go

Instead of reminding yourself of past mistakes:

Try forgiving your past self who had less knowledge and skills than the present you

Instead of scolding yourself:

Try cheering yourself on

Other things to try:

- positive affirmations
- being okay with making mistakes
- recording your successes
- praising yourself
- smiling more
- surrounding yourself with people who lift you up
- taking care of your body even when you don't feel that you deserve it