



A Simple Guide to Mindful Self-Compassion

This mindfulness practice is an effective way to practice self-compassion and encourage a deeper connection with the body.

www.hollytoscanini.com



Welcome!

I'M SO GLAD YOU'RE HERE.

HERE'S WHAT YOU SHOULD KNOW.

If you're reading this you clearly want to know more about how to change your relationship with food and your body image.

Learning the impact diet culture has had on you and rejecting a diet mindset can be challenging and, sometimes, even uncomfortable.

Tell me, when you make a mistake, do you beat yourself up or are you compassionate with yourself?

As you begin the practice of intuitive eating, let's also establish the habit of cultivating self-compassion.

Having compassion for yourself is the key to successfully navigating this journey with ease and grace. First, let's define self-compassion and then I'll lead you through a guided body scan meditation to help you cultivate compassion for yourself.

xx Holly Toscanini

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What is self-compassion?

Self-compassion means having a neutral view of yourself and your behaviors. It's associated with well-being and increased feelings of happiness. Self-compassion helps people overcome any guilt they may feel due to their eating choices. This is because self-compassionate people don't beat themselves when they make mistakes. This makes it easier for them to admit vulnerability and imperfect, change unproductive behaviors, and take on new challenges, such as Intuitive Eating.

Practicing self-compassion means acknowledging our pain and suffering, honoring and accepting our humanness, and caring for ourselves with warmth, caring, and kindness

Our limiting beliefs and negative self-talk can get in the way of experiencing self-compassion.

These thoughts and beliefs can magnify negativity and neutralize any positive experiences. This leads to automatically blaming ourselves when things go wrong and assuming the worst. These thoughts can be so automatic that we don't even realize how hard we are being on ourselves.

It's not just that these limiting beliefs and negative thoughts add to our feelings of guilt or shame, but they also increase self-criticism and have been associated with depression, anxiety, and even eating disorders.

So, instead of criticizing yourself for your perceived imperfections, what if you were able to cultivate self-compassion by enhancing your inner voice that is understanding and compassionate?

3 Components of Self-Compassion

According to self-compassion pioneer, Kristin Neff, there are three components of self-compassion: self-compassion vs self-judgment, common humanity vs. isolation, and mindfulness vs. over-identification.

Self-Kindness vs. Self-Judgment

Self-compassion is no different from the kindness, respect, and concern we show to others - except that it's directed at yourself. Self-compassionate people recognize that being imperfect, failing, and experiencing life difficulties is inevitable, so they tend to be gentle with themselves when confronted with painful experiences rather than getting angry when life falls short of set ideals. People can only sometimes be or get exactly what they want. When this reality is denied or fought against suffering increases in the form of stress, frustration, and self-criticism. When this reality is accepted with sympathy and kindness, greater emotional equanimity is experienced.

So, practice avoiding self-abusive thought patterns, like comparing yourself to others and unrealistically high standards.

Common Humanity vs. Isolation

Getting frustrated because things aren't perfect is often accompanied by irrational thoughts like, "I" am the only person suffering or making mistakes. All humans suffer, however. Being able to make mistakes is the definition of being "human". It means you're vulnerable and imperfect. So, you can see how self-compassion involves recognizing that suffering and fallibility are all part of our shared human experience. It doesn't just happen to you alone.

Mindfulness vs. Over-Identification

Mindfulness is a self-compassion practice that encourages people to be in the present moment instead of worrying about the past or the future. Mindfulness is all about observing your thoughts instead of suppressing them or overly identifying with them. Self-compassion requires taking a balanced approach to your negative emotions so that feelings aren't suppressed or exaggerated. This allows you to observe your negative thoughts and emotions with openness and clarity so that they are held in mindful awareness.

Mindfulness is a non-judgmental state in which you observe your thoughts and feelings as they are, without trying to suppress or deny them. We cannot ignore our pain and feel compassion for it simultaneously.

At the same time, mindfulness requires that we not be “over-identified” with thoughts and feelings, so that we can resist getting caught up by negative reactivity.

In order to cultivate self-compassion start by practicing awareness, acceptance, and understanding.

Like any new habit, self-compassion takes practice and chances are you'll make a mistake or two on your journey.

The 90 Second Pause

Here's something to try when that happens. Become aware of your feelings. Take a 90-second pause and notice if you're feeling annoyed, frustrated, or upset with yourself. Try not to judge those feelings. Simply pause, be patient, and be aware of your feelings.

As you ride that wave of emotion, accept that this is totally normal, everyone makes mistakes

Tell yourself that it's okay to feel this way. Accept that making mistakes is a normal part of life and you're not alone — other people have experienced the same thing as you.

Be understanding and practice self-compassion

Ask yourself, “What do I need right now? How can I help myself? What can I learn from this situation?”

Practice every day, I promise it gets easier

Self-Compassion Break

Kristin Neff

Think of a situation in your life that is difficult, and that is causing you stress. Call the situation to mind, and see if you can actually feel the stress and emotional discomfort in your body.

Now, say to yourself:

This is a moment of suffering.

That's mindfulness. Other options include: This hurts. Ouch. This is stress.

Suffering is a part of life

That's common humanity. Other options include: Other people feel this way. I'm not alone. We all struggle in our lives.

Now, put your hands over your heart, feel the warmth of your hands and the gentle touch of your hands on your chest. Or adopt the soothing touch you discovered felt right for you.

Say to yourself:

May I be kind to myself

You can also ask yourself, "What do I need to hear right now to express kindness to myself?" Is there a phrase that speaks to you in your particular situation, such as:

May I give myself the compassion that I need

May I learn to accept myself as I am

May I forgive myself

May I be strong.

May I be patient

This practice can be used any time of day or night and will help you remember to evoke the three aspects of self-compassion when you need it most.

Self-compassion works best when it becomes a habit that replaces the old automatic habit of self-criticism. To make this happen we have to practice self-compassion every single day.

You can intentionally move your body regularly, eat nourishing and satisfying food, relax outside, meditate, or play with your pet.

It might feel awkward at first. Just remember to take it slowly. Be kind to yourself, be aware of what your mind is telling you, and recognize that being self-compassionate will feel difficult at first. Trust me, it gets easier!

Now that you understand what self-compassion is, sit back and relax as I take you through a guided meditation that can help you cultivate a little more compassion for yourself.

Be prepared to take notes after this meditation.

[Click here to download your guided meditation](#)



[Click here to download your Self-Compassion Body Scan Meditation.](#)

Resources

<https://self-compassion.org/exercise-2-self-compassion-break/>

<http://self-compassion.org/self-compassion-scales-for-researchers/>

<https://www.psychologyinaction.org/psychology-in-action-1/2020/10/15/using-self-compassion-to-reduce-negative-self-talk>

<https://www.psychologytoday.com/us/blog/the-discomfort-zone/202205/self-compassion-therapy-technique-negative-thoughts>

<https://psychcentral.com/health/ways-to-self-soothe-when-starved-for-touch#importance>

<https://self-compassion.org/self-compassion-test/>

3 TIPS FOR SUCCESS

How To Make The Most Of This Experience

1

Always practice this meditation in a space that feels safe for you

2

Allow yourself to feel whatever emotions come up, realize that they will pass as you sit with them.

3

Keep your journal next to you and write whatever comes up for you without judging or censoring yourself.

Journal Questions

How did this guided meditation feel in your body?

What images or memories came up for you?

Journal Questions

What are some ways you will begin to practice self-compassion?

What were some of the emotions that came up for you?

Journal Questions

How did it feel to sit with those emotions without judging them?

What physical sensations did you experience?

Journal Questions

What specific events or circumstances from your past can you remember that may have caused you to question your value, worth, or deservedness?

Journal Questions

If you've experienced these thoughts and feelings in the past, how have you responded or behaved when they came up for you? What actions did you take?

What were the results of these actions?

Journal Questions

Are these the results you would like to have again in the future?
Explain why or why not.

What new thoughts will help you create different results?

Resources

1



NEXT STEPS

[Click here to download your meditation.](#)

LISTEN TO THE PODCAST

[Podcast: Say, "When!"](#)

2




HOLLY
TOSCANINI
Non Diet Approach to Health & Happiness

3



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