



# WORK RIGHT REVIEW

VOLUME 8 | ISSUE 14 | ARCHIVE [WORKRIGHTNW.COM](http://WORKRIGHTNW.COM)



## LEARNING SELF-COMPASSION

BY WRNW

The last few years have been hard on all of us. Not only has it been easy to physically and emotionally distance from and disregard others, it's been easy to be hard on ourselves. This week, let's take a look at some small changes to practice self-compassion in the workplace (and maybe at home, too) to make the days a bit easier on everyone!

### What Is Self-Compassion?

**Self-Compassion** /self-kuhm-pash-uhn/ noun: *the ability to be understanding, warm, and easy with yourself during times of struggle or self-doubt*

Self-Compassion researcher, **Kristin Neff** has divided the term into three main abilities:



**Self-Kindness** - Instead of self-criticism when we encounter a failure or shortcoming, be positive to yourself!

**Common Humanity** - The recognition that we're all in this together. We all fail. Understand this is exactly what connects us to others.

**Mindfulness** - Validate your suffering so you can begin practicing self-compassion without exaggerating or denying the feelings of your struggle.

When you're able to practice all three, we find ourselves happier, more motivated, more likely to make positive lifestyle choices, and we have a better sense of connectedness with others.

### Put It Into Practice

Here are some tangible exercises during your workday to promote self-compassion:

- **Pick and listen to your favorite song** that makes you feel like the best version of yourself - now dance to it!
- **Pump Up!** Just like your own *Rocky* routine before tackling big tasks, make a different playlist for each work task, your workouts, or your moods.
- **Give a gift.** A Coffee, morning donuts for the office, a book you think a co-worker might like. Small gift giving can be more rewarding for yourself than the recipient!
- **Ask yourself**, "What would a good friend tell me during a tough time?" It's probably a bit different than what you might tell yourself when you self-critique.



**WANT TO READ MORE?  
SCAN THE QR!**

Work Right NW is changing the way that companies view workplace hazards. Our focus is on educating the workforce to prevent injury. We provide access to Injury Prevention Specialist's in the workplace to address the early signs of discomfort. We are changing the industry one company at a time by helping one person at a time.

