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Mindfulselfpassion compassion is a blend of mindful and selfcompassion skills. It is a self-healing practice of being aware about yourself and having self-compassion with this awareness. Think about the last time when you got upset. Maybe, it was because of a failure.

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The Mindful Path to Self-Compassion "Buck up." "Stop feeling sorry for yourself." "Don't ruin everything." When you are anxious, sad, angry, or lonely, do you hear this selfcritical voice?

The Mindful Path to Self-Compassion | Chris Germer His books include The Mindful Self-Compassion Workbook and The Mindful Path Page 18/25

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The Self-Compassion

break is a way of attending toourself yourselves, when we are struggling, in a comforting and soothing way to ease stress and promote resilience. Soft Landing Meditation (7min) In this short meditation we pause, to be present, to be aware of what is here now and to bring warmth and kindness to ourselves.

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