



Self-Compassion

Materials:

- Worksheet

Brainstorm

Ask students: If you were to describe yourself, do you think your description would match up with someone else's description of you? Why?

Discuss

How we view ourselves and the thoughts we have about ourselves is called our self-perception. Sometimes our self-perception and how others think about us are similar, and sometimes they are different. It's normal to have slight differences, but when there are major differences in how others view us and how we view ourselves, we should wonder about how accurate our self-perception is. Do you think it's important to have an accurate self-perception? What are the benefits? Downsides? Engage students in discussion on the topic as long as it's relevant and respectful.

Dive in!

Detail: One strategy for promoting a more positive view of yourself is practicing self-compassion. Compassion is a feeling of sympathy and concern for someone's suffering and wanting to help them feel better. Self-compassion is very similar, but instead of feeling sympathy for someone else, you feel it for yourself. There are 3 steps to practicing self-compassion. The first is showing self-kindness and being able to treat yourself with love and care. The second is called "common humanity" and refers to recognizing that nobody is perfect and making mistakes is part of what makes us human. The third part is mindfulness and being present in the current moment. Being mindful helps us to not overreact when we experience unpleasant emotions. Self-compassion is related to increased happiness, optimism, and feelings of connectedness, and decreases in anxiety, depression, perfectionism, and persistent negative thoughts.



High School

Activity

Distribute the worksheet to students. Explain: One strategy to help with self-compassion is embracing a mantra. A mantra is a meaningful statement or sound that is repeated during a time of concentration, like meditation. A mantra can be useful during a situation when your self-perception feels inaccurate. By repeating the mantra to yourself, you concentrate on the words, which stops the negative thoughts and helps you refocus on something positive. Read some of the sample mantras aloud. Students can work individually, in pairs, or in groups, but each student should come up with their own mantra. When they're done, call on student volunteers to share their mantras with the class.

Reflect

Ask students to respond to the Reflect question in writing on the worksheet.

Professional Development

Take 5 minutes and create a mantra for yourself in the space below.

For Further Study

- Kids Helpline, Self-care Tips for Teens: kidshelpline.com.au/teens/issues/self-care
- We Are Teachers, Nurturing a Struggling Student's Self-Perception: www.weareteachers.com/struggling-students-self-perception/
- XQ Superschool, 10 Tips for Teacher Self-Care: xqsuperschool.org/rethinktogether/ten-tips-for-teacher-self-care/