

# SELF-COMPASSION *for teens*

## WHAT IS IT?

Self-compassion involves treating yourself with the same understanding and kindness as you would a good friend when you are having a difficult time.



## COMPONENTS OF SELF-COMPASSION

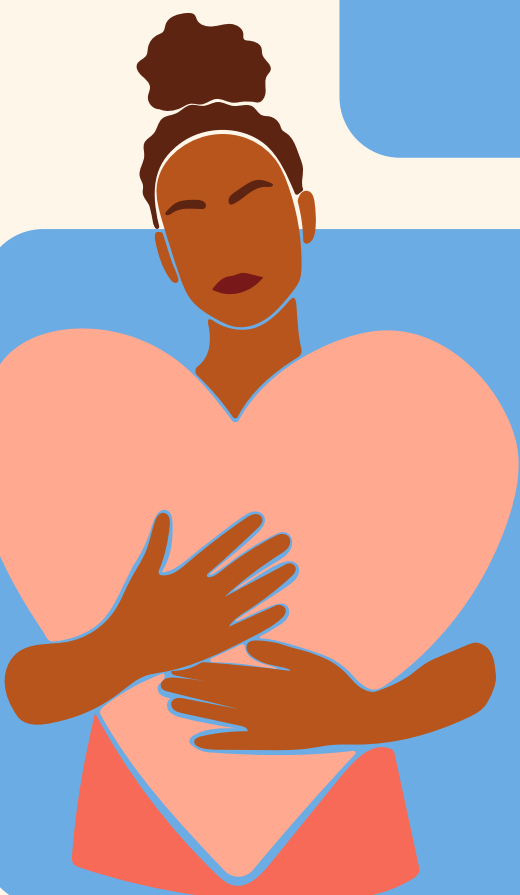


### AWARENESS

Knowing when you're having a hard time and being curious about your feelings rather than avoiding them or becoming overwhelmed by them.

### CONNECTEDNESS

Remembering that no matter what you're going through, you are not alone. Having a hard time doesn't mean there is something wrong with you.



### KINDNESS

Being kind and understanding with yourself when things are tough, rather than blaming or criticising yourself for what went wrong.

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## HOW DOES IT WORK?

### SELF-CRITICISM

Your inner self-critic can make you feel like nothing you do is ever good enough. If you are very self-critical, you likely spend a lot of time feeling stressed, tired, worried or down.

When we are overly self-critical, it can be hard to be motivated to do things or make decisions. You might also feel irritable and like you overreact even to little things.



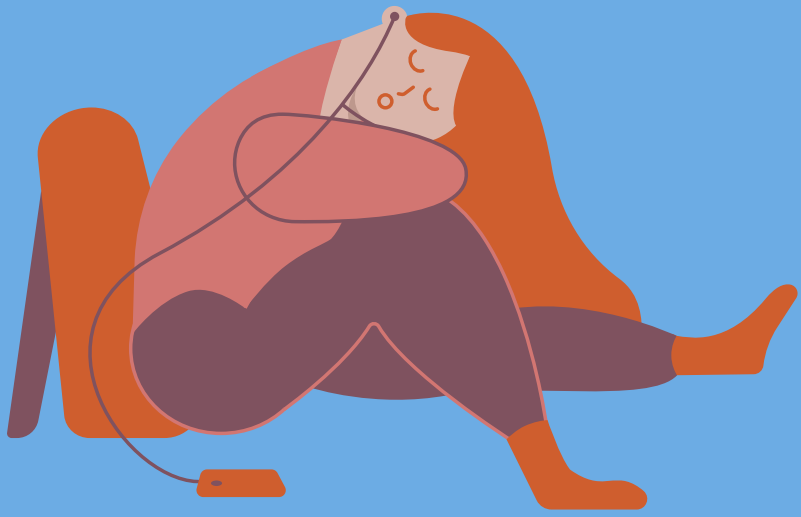
### SELF-COMPASSION

Self-compassion helps to calm your inner critic and soothe your body and mind. It helps to remind you that you are enough, even when you make a mistake or are having a rough time. Self-compassion can help to motivate us to take care of ourselves, work towards our goals, and do things that are helpful for our wellbeing.



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## SELF-COMPASSION AND CHRONIC CONDITIONS



Teens with chronic conditions often experience fatigue or pain from their symptoms or treatment.



They may have worries about how to keep up at school or with friends, or anxiety about what the future holds

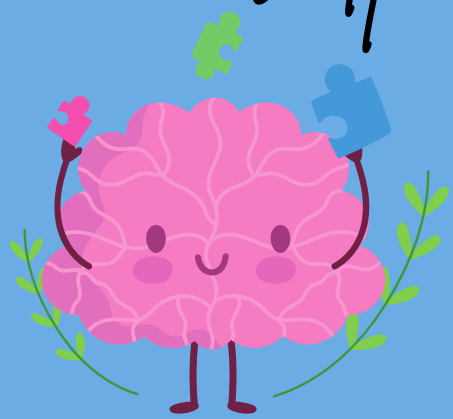


It is also common for teens to feel isolated or alone because of their condition or restrictions on daily activities.



The challenges associated with living with a chronic condition can have a big impact on mental health and wellbeing. Teens with chronic conditions can tend to **blame themselves or beat themselves up** when they experience health challenges. Research has found that young people with chronic conditions are up to **twice as likely to experience mental health problems** than their physically healthy peers.

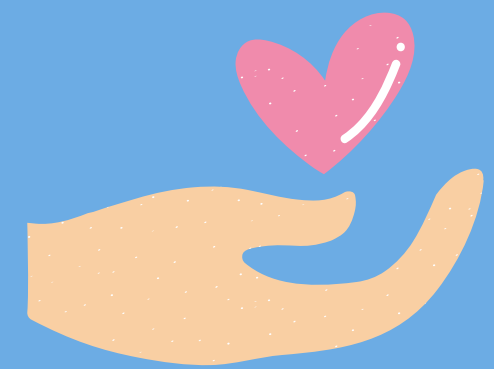
### *How self-compassion can help*



People with higher self-compassion have greater well-being, higher resilience, less mental health problems, and recover more quickly from challenges.



With more self-compassion, people with chronic conditions are more likely to stick to their treatment plans, and do things to promote their health.



Self-compassion also helps young people with chronic conditions to do the things that are important to them, while taking care of their health.

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## HOW CAN WE PRACTICE IT?

### 1 AWARENESS

When something difficult happens, check in with yourself. See if you can identify the source of the problem. As you would with a good friend, ask yourself: "how are you feeling about this?" See if you there are one or two emotions or physical feelings you can name, like "anxious," "sad" or "shaky."



### 2 CONNECTEDNESS

Remind yourself that you are not alone. Remember that there are many other people in the world who have felt the way you feel, although it may be for different reasons. Reach out to someone you trust to share how you are feeling, or listen to stories of others who have experienced a similar thing.



### 3 KINDNESS

Ask yourself "what do I need to support me through this?" Do something soothing for your body, like taking some deep breaths, going for a walk, or doing something you enjoy. Think about how you would help a friend in a similar situation - what would you say to support them? Try giving yourself the same words of kindness, encouragement or reassurance.

