

WCU Counseling Center

SELF-COMPASSION DURING COVID-19




IT'S OK; WE'RE HUMAN

An important concept of self-compassion is to understand that we all share in the human experience. Now is a time to remember that your experience of fear and discomfort is a normal reaction to current stressors.



FEEL YOUR EMOTIONS




You may experience difficult and challenging emotions during this time. It may be helpful to label and identify emotions you're experiencing. This can help you be present, increase a sense of calm, and increase the compassion you feel towards yourself and others.

REACH OUT FOR SUPPORT

Reaching out for support is an important part of showing yourself kindness. All of us may struggle with feeling disconnected during this time. It may be beneficial to reach out to others to decrease feelings of isolation and loneliness. This can also allow for you to show compassion to others.



GIVE YOURSELF SPACE



Kristin Neff, a leader in self-compassion, notes the importance of mindfulness in practicing self-compassion. In being mindful, you allow yourself space to be aware of the present moment and attend to your thoughts, emotions, and physical sensations without judgment which can lead to reduced emotional suffering and pain.