

## Discovering Mindful Self Compassion 2020

### Learn to be Nicer to yourself!

Welcome to this series for high school students. These lessons are part of a larger 8 week series in which participants get to explore issues in a much deeper way. This is a safe online community where all privacy will be respected and your feelings and needs are honored. If you at any time feel you need additional support, please reach out to me or a trusted adult.

“What if I fall? Oh, but my darling, what if you fly?”

With deep gratitude,

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How would you like to be treated? And how would you like to treat others?

What brings you to this class? What do you hope to learn?

### What is Mindful Self Compassion?

Mindfulness: being aware of what is happening with kindness, curiosity, patience and non judgment

Self Compassion: meeting that feeling or experience with kindness and tenderness especially at times of struggle and difficulty.

**Noticing Physical Sensations:** What happens when you think of a difficult or stressful situation in your body?

### How Would I Treat a Friend?

What Advice Would You Give a Friend?

What Words Would You Say to Yourself? What did you notice about this exercise?

**Self Compassion Practices: I will email you the meditations.**

1. **Soothing Touch:** The hormone “oxytocin,” the “feel good” hormone, is released when we are touched. Which soothing touch was comforting to you?

2. **A Moment for Me:** Use this when you are having a rough time.  
*This is a moment of suffering. (this sucks- this is hard- this is difficult, this is stress)*  
*This kind of suffering is part of life. Everyone experiences difficulties. I am not alone.*  
*Offer yourself a soothing touch.*  
*May I be kind to myself. What do I need?*

Are there other words that you would like better than the words above?

3. **Compassionate Friend:** Used to show that we all have the same qualities of giving and receiving compassion.

*“It is not your job to like me. It is mine.” Katie Byron*

**Home Practice**

**The Meditations above are linked to my dropbox. So just click on the links for your meditations. I will also share via email.**

Spend time with one of these meditations in the next 24 hours. Find a place and a time to do it.

**Journal:** How did this go for you?