AfHA Self Compassion Ep 2

So, hello and welcome to the Happtivist podcast for Action for Happiness Australia. We want to inspire action for compassionate and connect society. To do this, we use and share the science of wellbeing, but in a way that you can connect with, understand and apply immediately. So, in this podcast, we promote individual and collective action. We want to empower you with your wellbeing, provide ideas, make connections, and inspire you.

So, who are we? Well, hello, I'm Narelle. I'm the Chair of Action for Happiness Australia. I'm an educator, coach and researcher. I'm passionate about self-care and translating this into the everyday.

Hi, I'm Linda Rowley, the Secretary of Action for Happiness Australia. I'm also a facilitator, coach and trainer. I'm passionate about wellbeing at work and the restorative power of walking in nature, and it's benefits to our body, brain and mind.

So in this episode, we're going to be talking about self-compassion, or I like to call it “how we treat ourselves like a friend”, because we are actually so much nicer to our friends at times of need, hurt, suffering, pain, or distress than we are to ourselves.

So, what is it? So self-compassion actions include acknowledging all of one's emotions and giving oneself kindness for any emotional pain. Self-compassion research has been led by the American researchers Kristin Neff and Chris Germer; their work has been especially influential in mindful self-compassion with evidence-based practice that has shown to have benefits for our wellbeing.

Their work has demonstrated that individuals who are more self-compassionate are able to manage better relationships, experience higher life satisfaction, experience less anxiety and depression, are able to use their motivation and have the resilience to cope with stressful life situations.

Narelle, these are great benefits for an all. I'm also thinking of those among us who have roles as caregivers, either to children or older adults, people who are frail or ill, or perhaps have a disability. So, research shows that people in professional caring roles, such as health professionals who are self-compassionate report experiencing less fatigue and burnout.

And if you're, if you have an informal caring role, so perhaps caring for a loved one, the weight of caregiving can be easy to bear when we are more self-compassionate.

Beautiful points. So, Kristin Neff, who is often thought of as the legend of self-compassion work, and if you Google her, she has this amazing website with so many resources, self-compassionate meditations, different visualizations, lots of research. She's incredibly generous with her sharing of her work on self-compassion and she's really known for a model that looks at three pillars for self-compassion and that's kindness to self, mindful awareness and common humanity.

So, we want to unpack what are these three pillars and what did they look like? So, let's start with self-kindness. So self-kindness is the motivating aspect of self-compassion. It's the willingness to take action. So, this is associated to alleviating suffering and the condition or urge to help ourselves.

So, when we are kind to ourselves, we are learning a new way to be. This could be a reminder to self that we have fallen back into a judgemental way of being with ourselves, or it could be a moment that helps us dig a bit deeper into what our triggers are that cause us to be experiencing our harsh chatter or, or action to ourself.

Suffering can be large or small, and this is where self-kindness acknowledges this is a way to help us counter the tendency we have to be harsh, critical judgmental on ourselves, and that tendency where we notice our shortcomings or the things we perceive that we're no good at. So, we know that when we fail, we are likely to be critical to ourselves rather than to be a friend.

Where we would nurture, listen or provide comfort. So self-kindness has this being encouraging, supportive, unconditionally accepting, and we really want to think about how we can soothe them ourselves in this action at this time. So self-kindness is really the act of interrupting those judgemental tendencies that we can have to ourselves and how we can actually acknowledge that and start to shift towards being nicer to ourselves, talking to ourselves like we would a really close friend.

I love the tenderness aspect of self-kindness, the self of the loving and the tenderness, and also being brave and encouraging as well. So self-kindness can also include setting boundaries for ourselves or, you know, saying no to those things that might just push us that little too far so that we can act and say yes to ourselves.

Really nice points. I love that. So, another pillar to Kristin Neff's model for self-compassion is mindful awareness, and she talks about this as being the foundation for self-compassion. So, this is the ability to be with what is. Be with it in order to be able to notice it, then change it or accept it with an empowerment.

So, this is where you can say to yourself, “Hey, I'm knowing I'm having a hard time, right now”. We are being really aware in that moment, we're not being judgmental, we're definitely showing ourselves some self-kindness and this awareness helps us to acknowledge that suffering that we may be experiencing.

It doesn't make it any easier, but this acknowledgement of suffering is required in order for us to be self-compassionate. If you aren't aware of what is happening in your thoughts or your behaviour, you just keep on doing it. And you can see this as a pivot moment in labelling what is happening for you in and even developing that language for you being able to describe what is happening for you right now.

So, it could be something like, I know I'm having a hard time, right now. I know I'm not feeling great right now. I know I'm tired. I know I'm unhappy. I know I'm overwhelmed. So, it's just labelling it and having that awareness around what's happening for you and interrupting that rumination that can so easily occur for us.

The third aspect of Kristin's model for self-compassion is common humanity. And this reminds us that it's not just us, it's also others. And this is a really important one because often we feel like we're the only ones who feel as we are right now. We're the only ones who may have experienced these emotions.

And so, what this reminds us is that we are really interconnected in more ways than we think. And we often forget, especially when we're sitting in suffering that this is the situation. So, everybody is complex. Everybody's a work in progress. And I really love that saying everybody's a work in progress, it could almost be a mantra couldn't its Linda?

 Absolutely.

And everyone fails and everyone is learning, and we constantly are, no matter how old we are, how educated we are, how much experience we have, where we live, what we do. Everyone is complex. Everyone is learning, and everyone also experiences ups and downs in life.

There are times of hardships for all of us. So, the other aspect for common humanity is that you are not unique to this. I am not unique to this. Linda is not unique to this. Your neighbour is not unique to this, your partner, your work colleague, your siblings, your parents, we all experienced these moments of suffering and hardship.

 So self-compassionate enables us to acknowledge that life is like a wave. And I really liked to think about this beautiful metaphor as the ocean, and we see the waves some days they're really smooth, other days they are harsh, but there's always these like natural ups and downs, there's moments where there is smoothness and there's other moments where it's rough.

I really like using this metaphor because we can see things and imagine things in regards to the body of water and waves in that there can be moments where the waves are so strong and they're crashing against the rocks. There's other times where it is so smooth and just so, like almost flatline, beautiful.

And that's kind of what our life is like as well, there's moments where we feel like we've been thrown about and crashed and thrown against those rocks. There's other times where it's really smooth and we're like, “Ooh, yes, I’m kind of liking this. And, just as with the ocean, it changes all the time, so does our life as well. And when we're in the moment of suffering we need to remember that this is important.

So that metaphor of the wave could be something as an idea that you can carry with you, and also helps for you to realize that you're not isolated and that you're not alone in that stuff. The common humanity pillar by Kristin Neff is a reminder that we all suffer, and pain is a part of the shared human experience.

And that every moment of suffering can be transformed into a moment of connection with others. And that's a really important aspect there. You know, our mantra of everybody is a work in progress, but also everybody experiences suffering, but we can transform it. We're not alone.

They are, uh, such important points. The element of self-compassion really resonates with me, and I think that, you know, whilst no two people have the same life at the nuances and the complexities are different for each and every one of us, there are still some commonalities between us in terms of our human experience. And for me, that's a really comforting thought, knowing that you know, of the 7.9 billion people on earth, I am not the only person who has failed, even though at times, it really feels like that.

You know, I'm not the only person that's ever said the wrong thing or feels like they could have tried a little harder, whatever it happens to be. So, for me, knowing that others have been in the same place and that they've gotten through it, is really reassuring. And that sense that I can learn something from others as well, that have perhaps been in a similar place to me.

So that sense of connection can also foster a sense of feeling empowered for me and also feeling supported through that connection with others as well.

Yeah, really nice points there and something to remember, although so hard to remember when we're riding that moment of, “oh gosh, this is really icky right now”.

So, Chris Germer, who we mentioned before works very closely with Kristin Neff. He's an American clinical psychologist. And his work in the field of self-compassion has identified five pillars that really help us think about putting self-compassion into action. And I think about it as how Kristen's three pillars really can be enacted through Chris's five pillars. So, they're not competing, they actually support, and build off each other. And I think you'll notice as we talk about them and share some examples here how the kindness to self, mindful awareness and common humanity, really feature through these five pillars. So, the five pillars of physical, mental, emotional, relational, and spiritual, and they're quite familiar to us. We often think about these in regards to other areas of wellbeing as well. So, if we think about it in terms of self-compassion physical are things that you can do, that help you soften the body. So that's self-kindness to your body because often when we are in pain or suffering, we can be quite tense. We can hold it. You can often hear about it being sometimes your thoughts are in your chest or in your head, rather than that grounded feeling when you are sort of more in your belly, more relaxed in your body. And so, some strategies and everyday practices that can help us with that physical aspect of self-compassion a movement, exercise, mindful walking, which Linda will totally attest to.

 Sleep is one of the most underrated aspects of how we can be really kind to our body. Massage is a really good one as well. And also even acknowledging that sometimes massages might not be right in the moment of beating yourself up or suffering or the pain, but once you sort of start to process it and label it, that it might be something that helps you relax those tense muscles. One of my favourites is a warm bath or a shower, and it's just extraordinary how I often put my head under the shower and just let the water run over and just enjoying that and helping me sort of sooth, soften the body, relax for a moment. And another one that's being recommended to me is often swimming or floating in a body of water and just relaxing, and what comes with that with your body.

And it can be something as simple as enjoying making a cup of tea and then sitting and savouring it, such a small everyday act, but intentionally doing that to help you just stop, pause, be mindfully aware, share some kindness with yourself. And of course, one of the big favourites is soothing touch.

Really nice.

So, Chris's second pillar is mental. So, these are things that you can do to help calm your mind and to help reduce any agitation you might be feeling

So, examples of this are things like meditation, there could be a guided meditation or progressive muscle relaxation, whatever resonates with you. You could try some deep breathing, with eyes opened or eyes closed just sitting quietly, both feet on the floor and just feeling that really deep centered breath.

Watching something that makes you laugh; this is one of my favourites. I have my go-to movies that are guaranteed to always give me a giggle. It could be reading a book or drawing or doing a puzzle. So those sorts of things that help centre and focus you, it could be making music or. even listening to your favourite music.

Yeah, really nice. Another aspect is the emotional pillar to how Chris thinks about self-compassionate and putting into action an emotional pillar is things you can do to soothe yourself and provide comfort to yourself and particularly beneficial in the moment or when you've noticed and you've labelled that suffering or pain, the judgment that you have to yourself. And then these activities sort of enable you to step back a little bit and to sort of start processing and enable, you know, that self-kindness mindful awareness coming through. And also, that acknowledgement that you wouldn't be the only one who could be reacting like this.

And aspects like that. So, activities like journaling, and I really love it when it's just the free flow. So, you're not editing your sentences. You're not carving the most magnificent paragraph ever. You're just getting it out and you just free writing, you free flow. You're getting those thoughts out, anything and everything that comes into your mind, your blah, getting it out. I call it often “blah writing”, you just blah it out.

Daily gratitude’s are also one of the most underrepresented, overrated at times, commercialized aspect of self-compassion, but when we engage with it in a way that's really meaningful for us it is one of the most powerful self-compassionate actions you can do for yourself, particularly around emotions.

And what the research tells us is that we can't be stressed and grateful at the same time. So, this is really important when we are thinking about self-compassion because often if we're in suffering, pain or hurt, there's a stress element that's happening now. Our negative bias will start to kick in, as we've talked about, you know, in our other podcast episode about emotions.

Gratitude practice enables us to really sit back and find something good or multiple good things that can happen. So, something like an activity like three blessings, which thinks about just the everyday, can really help to disrupt your ruminations when you're in that moment of being really critical to yourself, and help you to move towards that self-compassion.

So, the three blessings can be, I'm really excited today that I was able to open my brand new box of green tea, and I could smell the freshness and I savour the green tea itself now. Side note: I love green tea. So, it’s something for me, like that's really exciting, but you can see it's so every day. Most of us drink tea or coffee or our favourite beverage every day, but it's actually stopping and pausing and going while I'm in the middle of yuck, there's some good things that are happening, that I really enjoyed that. I really appreciated that a friend sent me a text today, just checking in on me. I really appreciated that I was able to fold a bed in fresh sheets. So, it's just the everyday things that help us to start interrupting, where we're at, when we're in our ickiness of pain and suffering.

And of course, there's other things that help us with emotion in terms of visualization breathing exercises are just so gorgeous and they can be guided. Lots of playlists on different platforms. But they could also be something where, you know, you've had professional support and they've taught you one and that you can work through that.

And one of my favourites is crying. And just getting it out. That tears are not bad, even though many of us have probably grown up with indoctrinations that tears are bad, and we should hide them, actually they are a beautiful way to help us shift our emotions and get out our pain and suffering.

Mm. I agree. Our next pillar on the list is relational. So, these are things that you can do with others or for others. And these are things that might support you, motivate you or inspire you. So, one of my favourites during, COVID lockdown in Melbourne is I've got together with two friends and every second day we connect via Zoom and we do an online exercise class and it can be anything we rotate take turns, you know, choosing the exercise class, which means that we get to experience a whole range of things that we wouldn't have otherwise experienced, but it's not only about the exercise together. We usually spend around an hour. So, half of that is catching up, just supporting each other, touching base, looking at what's happening in each other's lives. And the other half then is that physical exercise.

So, it's actually brought us together in a way that we didn't have prior to that lockdown. And it's something that I look forward to, and it can be simple things like meeting friends, either virtually or in person, talking to a more experienced person, so. Someone that can offer you a different perspective on what might be happening for you at the time, seeking help. You know, the other thing that I've done recently is developed a couple of communities of practice. So just small groups of people that have a shared interest or shared passion, where we can just explore that together and share ideas and just bounce off each other, which has just been amazing.

Things like joining a club or signing up for a class to learn something new. And there's so many things available today. So many online classes that are accessible for most of us. And of course, you can give someone a compliment. You can volunteer or look at mentoring others as well. So, lots of ways that we can increase that sense of connection and that relational element of connecting and that shared a common humanity in relation to self-compassion.

Yeah, it's beautiful. And it just reminds us so much, doesn't it Linda, that our wellbeing is so relational and if, you know, we often use the word self-care and we often can think that self-care is selfish and the self-care is just about individual, but actually we can't have self-care or well-being without others and so you've just listed a whole heap of range of different strategies for the everyday that can help us with our wellbeing, us with our self-compassion, but also helps so many other people as well.

So, the fifth pillar from Chris's work is the spiritual and those things that you can do that can help you to connect to your values. So that's grounded exercises, mindfulness walking in nature, helping others, practicing yoga or Pilates, going on a retreat, resting, praying if that's relevant to you. And what you notice with a whole heap of those strategies is that they overlap with the other four pillars as well.

So, these four, five pillars are really interconnecting and will overlap in terms of aspects as well, but help you to think through how can you be more self-compassionate to yourself and interrupt those aspects?

And I want to talk about specifically walking in nature and helping them connect back to your values, because that may be something that people go, “Oh that's a bit odd. Like, what does that mean?” But, Green space is absolutely incredible for us to be grounded, to interrupt our thinking, to get a bit of perspective. There's usually fresh air, beautiful, natural, smells that can just help us to pause, to slow down and to reconnect into it. And that could be whether you've got a national park at the bottom of your property, or it can be the parklets around the corner.

It could even be appreciating your indoor garden. Things that are on a balcony, your backyard, your front yard itself. It doesn't have to be massive. But that interruption, that nature allows us to be able to take that pause and to thinking in terms of supporting us to be mindfully aware and present in that moment and helps us with that interruption when we are in times that we need to leave, be a little bit more self-compassionate to ourself.

So, these are just some ideas and you can really think of them like a menu of ideas. They're things that you might try, explore and think across in terms of those five pillars of self-compassion and how they work and interconnect with Kristin Neff's three pillars as well, to help you to put those into action.

And we want to invite you to try some of these or we're at your own as well as you create your own menu. And remember that it can change and develop over time because we do as well. So, what works for us now might not work for us in six months’ time or a week's time. Because life is complex and changing, but when we have a menu of different practices and strategies that we can dip into, it means we've got some things that can help us.

And you might have an old time, one, that's your favourite that goes all the way through, for you. So, nature for me is that I'm pretty sure Linda, you would say nature and getting out is for you as well. And another one is deep breathing. It's an incredible way that helps me pause and reflect in moments and notice when I'm ruminating on different aspects and talking to myself in a way that's not so helpful.

So, these practices can be big, and they can be small, and that can be everything in between. But what matters is that they're things that are right for you, that they make you feel good. And they mean something to you as well.

So, if we start to think about what these things might mean for you in the everyday. Let's have a little bit of more of an unpacking of this. So, in the moment, and in the everyday, it's not uncommon that most people don't recognize when self-compassion would help. So, this is, we're just going to call it out right now, is that I'm pretty sure that some people might be listening and going “Well, Yeah. Okay. So, what does that mean when we're right in the middle of it? Yes. You can tell me that I've got a label it and acknowledge it. What does that really mean?”

The beauty of self-compassion is that it helps us both feel better and do better. It can be really helpful for getting past emotional stuckness and that could be your worry or your anger, procrastination, focusing on regrets or mistakes, really focusing on something that we may have failed in, for example.

So, Linda, I want to ask you, what's the first thing that you do when you realize you're talking to yourself in a way that's not so helpful.

Narelle, I think you've hit the nail on the head. I think the recognizing is the key because sometimes I get caught up in it. So being able to recognize it, I think this is absolutely the first step.

And whilst I'd often like to rephrase any negative self-talk into a positive, sometimes, like right in the moment, that's just a bridge too far for me. So, my go-to is to just use another voice. So, I still might be talking to myself in an unhelpful way. I've still got that script running through my head, but now it sounds like Mickey Mouse or Robin Williams character from Mrs. Doubtfire, which is one of my go-to movies for giggle.

And so just being able to do that is, it just enables me to pause and to step back. And it just gives me that little bit of distance from it. Right. Because you know, who can take Mickey Mouse seriously? So, it enables me to gently unhook from that self-talk to just diffuse from it. And instead of getting drawn in, it just helps me shift my emotion around it. So, that's often enough for me, then, to acknowledge how difficult the situation is for me. So that might be, you know, the pain or the distress or the suffering that I'm feeling.

And just to acknowledge to myself that it's actually really hard. Like, this is really difficult for me at the moment. And so then being able to do that, I can just pause, and I can sit with it. So, it's not about changing it, or, you know, making anything different, but just that acknowledgement actually seems to help for me.

And, one of Kristin Neff's exercises is the Self Compassion Pause. And I actually find that really helpful. I find the physical touch element of it helpful as well. So that's simply just putting one or I actually liked to put both my hands just over my chest, over my heart and just be in the moment.

So, for me, I like to close my eyes when I do it so that I can focus on just feeling the warmth of my hands on my chest and then just take three or four deep breaths. So, it doesn't take a lot of time. It doesn't cost any money. And I love that I can do it anywhere so I can do it if I'm sitting at home, I can do it if I'm sitting in the car, as long as I'm not driving, of course, I can do it, you know, in a quiet moment at the end of the workshop. So, it just helps me recenter and it's just pause, that I need to be able to recalibrate and to be able to refocus. So that's my go-to. But how about you Narelle?

Yeah, I really love those.. And you remind me actually that sometimes when we were allowed to be face-to-face, which feels like a long time ago in some work meetings where there was a bit of tension, and those environments I find really, really difficult. So, my soothing touch under the board table is a thumb on my wrist, and on the inside of it, and it's just a soothing touch, it's sort of almost like a mini rotation around. And to help me with those three, three or four deep breaths as well, just to bring, bring that back. Um, really nice. And I think I also think about it through four steps and I've actually written these down on a sticky note.

And I have them inside a notebook, which is kind of an act in itself, of self-compassion and a reminder to self that when I'm in times of stress or in times of being critical to myself, I've got this little go-to reminder. It’s on a bright pink, sticky note. It's inside the front cover of my notebook.

I know it's there. And so, it's like past self when Narelle’s been in a really good space, caring for the current Narelle who may be in suffering. And I think through these four steps.

Number one is label it. So, acknowledge all the emotions that I'm feeling. Um, I use a specific emotion, words to acknowledge what's going on so that labelling it. So, I'm anxious right now, or I'm overwhelmed right now, I’m confused, uncertain, frustrated, or embarrassed, any, you know, anything that's popping up for us. I label it.

Number two is recognizing it's not just me. And so, I recognize that universally they're struggling. People make mistakes, it's difficult emotions, and that struggle is a part of life. So that's that real common humanity part and really putting it up there.

And the third one is to give myself kindness for the emotional pain that I might be feeling. So, I think this through, in self soothing sayings. So it may be something like, and I may just internalize this dialogue, but if I'm in a safe space and I'm at home or in a room where no one else is around, I might say it out loud, but things like “I am enough” or “I can do this” or “This too will pass”. So, they're just sort of soothing sayings, mantras. “Everybody's doing their best” kinds of things like that.

And step four is identifying a small next step that I can do that helps me move forward. So, I asked myself, “what is the best thing I can do right now, given the reality of the situation, regardless of what's being going on in the past. And what's been happening before”, this is a real moment of stepping back in that moment and a soothing pause and almost like a goal, an intention that helps to move forward. So, it's label it, recognize it's not just me, give myself kindness for the emotional pain I'm feeling and identify a small step that I can do next and it can be ever so small.

I liked that small step. I think that's then about the transition. And I like what you said about “I'm feeling anxious right now”. So, there's that acknowledgement that, that can and will change, that it is transitory or transitory, emotion. So, and then that intention for moving through that and how you'd like to be, I think is really important.

Yeah, really, really critical there and aspects that we forget when we're in that moment, but so helpful for us as we move through. So, I want to connect with a piece of advice that helps us put things into action. So American positive psychologist, guru Sonya Lyubomirsky in her book, “*A practical guide to getting the life you want, the how of happy”.*

She looks at the how and the why strategies that work in relation to our engagement with them. So, she's identified what she calls five critical mechanisms of action. So, this is what actually helps us put it into practice and they have positive emotions, time, social support, motivation effort and commitment, and habits.

So, what does this look like for self-compassion? So, we had a think about this, and we thought in regards to positive emotion, you could look for opportunities where you're kinder to yourself. In time, we thought about investing in the pause, when you notice that you're being harsh on yourself. For social support, the third aspect that helps us make action and put things into action is find trusted people where you can learn with, and from one another.

And the fourth aspect, which is motivation, effort and commitment. We want to invite you to think about ways you can care for yourself, that interrupts putting all your energy into caring for others and forgetting to take time to invest in yourself. And that's a big one. So many of us have that. So self-compassion is about how we can be kinder to ourselves, less judgmental and aware that all of us are trying to be and do the best we can. So, every little step that you make towards doing this is so worth the effort and it's rather motivating in itself.

And the fifth aspect of taking action is habit. So, creating a habit where you talk to yourself more like you would your best friend or someone that you care deeply for. So, notice the difference in how you talk to yourself, but also celebrate your growth in being able to do this as well. It's those small steps that you take.

Linda, would you add anything to these action advice? Yeah. thanks Narelle. So just a couple of things I think, extending on what you were just sharing.

So, the positive emotion, I think. Accepting and acknowledging that your inner critic. So, when you are talking to yourself in a way that's not helpful, your inner critic is actually trying to keep you safe, is the bottom line. And it's trying to do that in the best way it knows how, so it might not be helpful in the situation, but it is the best it can do at the moment.

So, I think, just acknowledging that and asking your inner critic just to step aside so that you can, bring in some more self-compassionate voice I think is sometimes important.

And just in terms of habit as well, I think that, you know, giving yourself self-compassion in relation to the creation of your habits is great.

And also acknowledging that it's okay to miss a day or to take a break. So, you know, don't let the inner critic takeover if you do miss the day, that would be totally counterproductive in terms of, you know, what we want to achieve. So, taking a break can be an act of self-compassion too.

Hmm. I really, really, really liked that advice. And it reminds us actually how rest and taking a break is actually far more beneficial for us than moving through. And particularly at those times when we are struggling a little bit.

Okay. So, let's end with two practical tips, strategies or practices. One each. Linda, what would you suggest?

So, for me, it's going back to that self-compassion pause. So, it's being able to pause in the moment, to take notice of your breath. So just connecting in with your breath, noticing what you're feeling. Again, using that power of touch that we've already spoken about, whether that's, you know, putting some hands on your, your chest over your heart or with you know, the thumb on the inside of your risk that you spoke about Narelle. So just something that feels comforting to you. And then, you know, if it's applicable, remind yourself, you know, this is a difficult moment for me, I am experiencing suffering and that's part of life. I can accept that as I am. So, for me, the self-compassion pause.

How about you Narelle? Yeah, I would also say that my practical tip and hopefully that inspires those listening is to create a soothing saying for yourself, a little mantra or an intention that helps you to become present, less judgmental and to engage with that pause. So, it could be something like “I can do this” or “Everyone is doing their best”. They're just two examples, but you can discover inquire, be curious as to what works for you. That's a certain saying or mantra that you can know that when you say it to yourself and repeat it to yourself, , in these moments that is soothing for yourself.

Linda. Thank you so much for joining me for this episode. I so love our conversations and how we bounce off and translate the science into the practical and suggest so many different practices and strategies for the everyday

As you inquire and practice, we want to know what you think as well. What's inspired you, and if you've got any questions that you would like us to answer.

So, leave a review on Apple because reviews also help us be found. Help us to help others. And you may also like to leave a comment or a question, or perhaps even a strategy that you've tried, a practice that you've tried, and you can do this via our Instagram, Facebook, or LinkedIn account.

So you can find us at [www.actionforhappinessaustralia.org](http://www.actionforhappinessaustralia.org) and we're on Facebook and LinkedIn as Action for Happiness Australia.

And we're on Instagram as #HAPPTIVIST that’s HAPPTIVIST

So, thanks for joining us. Linda, Thank you.

Thanks Narelle. It's been a pleasure.

**Links to further your learning**:

[If You're Doing Any of These 5 Things, Try Self-Compassion](https://www.psychologytoday.com/us/blog/in-practice/202109/if-youre-doing-any-these-5-things-try-self-compassion)

[20 Uses for Self-Compassion](https://www.psychologytoday.com/us/blog/in-practice/201206/20-uses-self-compassion)

[Kristin Neff’s website](https://self-compassion.org/)

[Centre for Mindful Self Compassion](https://centerformsc.org/practice-msc/guided-meditations-and-exercises/)

[Chris Germer on YouTube](https://www.youtube.com/channel/UCObLXaQeAfuhSLPf3IW5Adw)

[The 5 Myths of Self Compassion](https://greatergood.berkeley.edu/article/item/the_five_myths_of_self_compassion)