



Compassion Resilience –  
Self Care Snapshot Series:

**Self-Compassion**

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(she, her, hers)

Toolkit url: [Compassionresiliencetoolkit.org](http://Compassionresiliencetoolkit.org)



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## Toolkit Introduction



Staying Resilient During COVID-19 with brief blogs and videos to share with others. [Learn More](#)

Facilitator resources to build the capacity of helping professionals, caregivers, and the systems in which they serve.

An approach to build compassion resilience and address compassion fatigue in all

The **ONLINE** toolkit is free, flexible and available to you at any time.



[compassionresiliencetoolkit.org](http://compassionresiliencetoolkit.org)

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### Building Our Compassion Resilience

- The power to return to a position of empathy, strength, and hope after the daily witnessing of the challenges others face in our community and in our homes.
- To be optimistic in an imperfect world.

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### Compassion Fatigue's Path

*(Cycle is from work of Eric Gentry, PhD, 2012)*

**ZEALOT** — We are committed, involved, and available, ready to problem solve and to make a difference. We are willing to go the extra mile.

**IRRITABILITY** — Anger and cynicism, diminished creativity, sadness, feeling helpless or hopeless.

**WITHDRAWAL** — Overwhelmed by complexity, chronic exhaustion, physical illness, difficulty empathizing, feeling numb to other's pain, absenteeism.

**ZOMBIE** — A sense that you can't ever do enough, inflated sense of importance, sleeplessness, sense of persecution.

Renewal vs. Pathology

LEAVE PROFESSION

Compassion Resilience

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### What Is Self-Compassion?

**Self-Kindness**  
Be loving towards ourselves instead of self-critical.

**Common Humanity**  
Everyone suffers. You are not perfect. No one is. You are not alone.

**Mindfulness**  
Notice our struggle. Feel it, instead of being reactive. Be with it, avoiding self-judgment or overreaction.

When you feel like you have fallen short, how do you practice self-compassion?

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“Having compassion starts and ends with having compassion for all those unwanted parts of ourselves, all those imperfections that we don’t even want to look at.” - Pema Chodron

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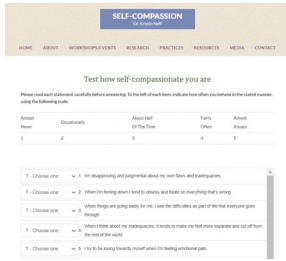
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### Self-Compassion Scale



Dr. Kristin Neff

<https://self-compassion.org/test-how-self-compassionate-you-are/>

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### Self Reflection Questions

If you practiced more self-compassion, what would be different in your life?

How does your level of self-compassion impact your ability to be compassionate to others?

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Thank you for your time and attention.

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For additional self-compassion resources visit:  
[self-compassion.org](http://self-compassion.org)

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