



Self-Compassion Resources

February 2023

1. Self-compassion.org: [Definition and Three Elements of Self-Compassion>>](#)
2. YouTube video with Kristin Neff: [Overcoming Objections to Self-Compassion>>](#)
3. Psychology Today: [The Many Benefits of Self-Compassion>>](#)
4. Psychology Today: [3 Things the Chronically Ill Wish Their Loved Ones Knew>>](#)
5. Forbes: [4 Ways Loving Kindness & Mindfulness Can Change Your Life, with Sharon Salzberg>>](#)
6. GreenTPsychology: [Finding Self-compassion When Living with Chronic Illness>>](#)
7. Blog -Brainlesionandme.com: [5 Ways to Find Self-love When Chronically Ill>>](#)

Ways to Cope:

1. Tara Brach: [RAIN – A Practice of Radical Compassion>>](#)
2. U of Rochester Medical Center: [5-4-3-2-1 Coping Technique for Anxiety>>](#)
3. Self-Compassion Dr K Neff: [Self -Compassion Guided Practices and Exercises>>](#)
4. Sharon Salzberg: [Street Loving Kindness Video Series>>](#)
5. Tara Brach: Meditation: [Radical Acceptance of Pain>>](#)
6. PositivePsychology: [8 Powerful Self-compassion Exercises and Worksheet>>](#) Note: The second exercise – Self-compassion Break is especially good.