



Self-Compassion-Resources

“May I give myself the compassion I need.”

Integrative Pain Science Institute- [The Art Of Self-Compassion In Pain Care with Dr. Kristin ...](#)

York Hospitals-NHS- [Self-Compassion and Pain Management](#)

Arthritis Foundation- [Podcast: Self-Compassion & Chronic Pain](#)

Bezy Breast Cancer- [Self-Compassion for Chronic Illness: The Science, Benefits ...](#)

YouTube-Stanford Pain Medicine- [Self-Compassion in the Context of Chronic Pain](#)

Insight Timer- [Self-Compassion For Chronic Pain | Alec Kassir](#)

Self-Compassion- [Exercise 2: Self-Compassion Break](#)

Cleveland Clinic Health Essentials- [4 Techniques for Practicing Self-Compassion](#)

Self- Compassion- [Self-Compassion Practices: Cultivate Inner Peace and Joy](#)

EDSawareness- [Wrap Yourself in a Blanket of Love: How to Foster Self- ...](#)

YouTube- Meditation: Self Compassion Break with Kristin Neff

YouTube- 5 Minute Loving Kindness Meditation | Open Your Heart to Warmth and Loving Kindness