

Be Kind to Yourself



A Quick Guide to Self-Compassion

Self-compassion is simply giving the same kindness to yourself that you would give to others and treating yourself as you would a good friend.

Why be self-compassionate?

It is good for our own health and wellbeing. Research shows that people who are kind and compassionate to themselves are happier and more optimistic, can bounce back from setbacks and are much less likely to experience depression, stress and anxiety.

Self-compassion also increases our ability to offer our patients and colleagues' genuine and sustainable compassionate care and leadership.

How can I be more self-compassionate?

We can all learn self-compassion. It is a mind-set or skill which we can develop, and is available to all of us, at any time, in any place. Here are a few things to practice



We are all human

Practice forgiveness and remember that everyone makes mistakes and experiences difficult times. You are not alone.



Self-Kindness

Being supportive and understanding towards yourself when you are having a hard time, rather than being harshly self-critical or beating yourself up.



Mindfulness

Recognising when we are stressed or struggling and trying to avoid negative self-talk or getting lost in negative thoughts or feelings. Remember you are doing your best.

Get support when needed

If you are experiencing a difficult time, there is always support available to you. Our Chaplaincy team is available via switchboard for urgent queries, or at nuth.chaplaincy@nhs.net. You can also access Togetherall, a clinically moderated mental health community - register via the following link: www.togetherall.com/joinnow/newcastlehospitals