

Reinforcing Self-Compassion

Rare caregivers experience a high burden of care, which can result in high levels of stress, feelings of loss of what they thought life would be like, and simply the feeling of not being able to keep up with all aspects of rare caregiving, family, work, not to mention taking care of oneself. **Self-compassion can play a key role in positive emotional health for rare caregivers.** Self-compassion is the act of treating yourself as you would treat a good friend.

Three Components of Self Compassion

Self-kindness: caring and encouraging yourself as you would to others, rather than being self-criticizing.

Common humanity: all humans are imperfect, experience difficulties and pain, and make mistakes. Give yourself a break.

Mindfulness: being in the moment, present, open, and feeling emotions while they are happening.

The Stigma: Self Compassion is...

- A form of self-pity
- Makes a person vulnerable and weak
- Self-centered and selfish
- Creating an excuse

Benefits of Self Compassion

- Improved happiness
- Good mental health
- A stronger immune system
- The secret to resilience
- Creates strength to face hardships
- Reinforces ability to learn from mistakes



Practicing Self-Compassion

- Take a compassion break
- Forgive yourself
- Stop competing and comparing
- Practice positive self-talk
- Develop a self-compassion mantra
- Focus on your wins

This toolkit was co-developed by IFOPA in collaboration with Give an Hour, a national nonprofit whose trauma-informed mental health frameworks informed the structure and tools included.

For more information visit GiveAnHour.org/ContactUs