



Be Good To Yourself



**Greater Manchester
Mental Health**
NHS Foundation Trust

Developing Compassion

Compassion is about learning to feel kind and loving towards yourself.

It can be extremely helpful in overcoming mental health difficulties.

This may be hard if you are more used to criticising and blaming yourself, and as with any skill it can take time.

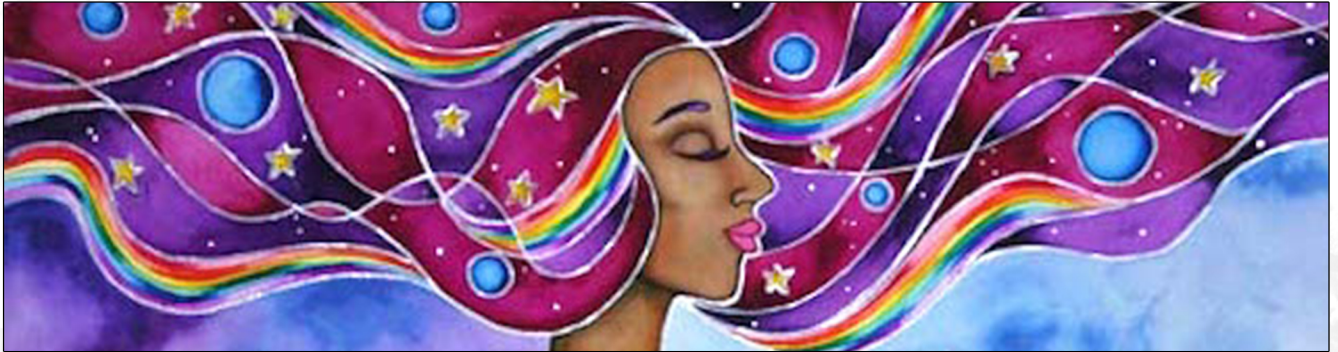
COMPASSIONATE QUALITIES

- Sympathy is being kind towards ourselves, rather than being hard on ourselves.
- Acceptance is getting to know and like ourselves and our unique differences.
- Forgiveness recognises that we make mistakes and can learn from them.
- Empathy is being able to accept and understand our own feelings.

The 'Compassion for Voices' website promotes compassionate approaches to voice hearing and other experiences. Follow this link to watch their 5 minute film: compassionforvoices.com



Valuing Yourself



A good way to improve your self confidence and self-esteem is to think about the things that you are good at.

Often we spend a lot of the time thinking about the things that we can't do, rather than the things that we can.

A strength is a positive description of how you feel and behave. In your resources pack you have a set of 24 strengths that are linked with 6 areas of virtue. You may want to look through the cards with your peer mentor and see if you can identify with any of the strengths.

If you are interested in other exercises aimed at improving self-esteem and self-worth then you can ask your Peer Mentor.

Resources

The Compassionate Mind Foundation promotes wellbeing through a compassion-focused approach to human distress.



THE
Compassionate Mind
FOUNDATION

Its website has a range of different resources that are available to everyone for free.

Podcasts:

www.compassionatemind.co.uk/resources/audio

This website a podcast called 'Building the Compassionate Self', 'Compassionate Image and Compassionate Community' and many others.



Videos:

www.compassionatemind.co.uk/resources/videos

This website has videos which include lectures and workshops about different areas of compassion-focused therapy.

Books:

www.compassionatemind.co.uk/resources/books

You can also purchase a number of different books both on Kindle and online.

