

Mindful Self-Compassion (MSC)

Resources for Individuals and Families Living with LFS

What is Mindful Self-Compassion?

The intentional act of being kind to ourselves in moments of difficulty, suffering, or perceived failure.

Practices

Audio

Click each practice type below.

Soles of the Feet: Helps ground and stabilize you if you're experiencing difficult emotions.

Self-Compassion Break: Evokes the three aspects of self-compassion when you need it most.

MSC Phrases

Use self-kindness statements when you're experiencing difficulty:

- May I be kind to myself in this moment.
- May I learn to accept myself as I am.
- May I give myself the kindness I need.

Guidance for Daily Practice

Building self-compassion skills takes time, practice and patience.

Set aside 2-5 minutes each day to listen to one of the audio recordings. If possible, practice in a place that gives you a sense of comfort, safety and ease. MSC phrases can be used during the audio practices, or simply on their own in daily life when you notice you're experiencing difficulty. With time and practice, you will become more aware of when you are struggling. Routinely using the MSC phrases will help your inner dialogue become more warm and kind, and you may notice this warmer, kinder inner dialogue arising automatically. This will be especially helpful in times of uncertainty and suffering.

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Reflection Questions

Consider quiet reflection or writing responses in a journal as a part of your daily practice.

- What would I say to a friend going through a similar, difficult situation?
- Am I able to notice my thoughts and emotions without judging them?
- What are the biggest obstacles to practicing self-compassion?
- What is one small step I can take today to cultivate more self-compassion?

Resources

Click to explore MSC resources and support.

Dr. Kristen Neff

Self-Compassion Book

Center for Mindful Self-Compassion

Connect

*Stay in touch for upcoming classes, workshops
and practice opportunities.*

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