

It's time for another Wellness Wednesday Memo. Last week I said I was going to spend a little more time on the concept of "self-compassion" by walking us through this article: <https://www.socialwork.career/2017/07/self-compassion-boosts-wellbeing.html>.

First, let's look at the three components of "self-compassion" according to the article: "Self-compassion consists of self-kindness, common humanity and mindfulness."

Self-Kindness basically means letting go of the judgment we constantly hurl at ourselves from an arsenal of unrealistic standards and expectations. However, like so many things, society has taken "self-kindness" and polluted its purpose, often turning it into "self-indulgence" rather than "self-care". I first saw the blog post below on Facebook and it explains "actual self-care...has very little to do with "treating yourself" and a whole lot do with parenting yourself and making choices for your long-term wellness."

Here's the whole post by the original author- it's worth the read, I promise.

<https://thoughtcatalog.com/brianna-wiest/2017/11/this-is-what-self-care-really-means-be-cause-its-not-all-salt-baths-and-chocolate-cake/>

Common Humanity acknowledges that life is not going always be Instagramable and neither are we. It recognizes that pain happens to all of us and it's how we deal with it that determines whether we will suffer or persevere. Choice Theory/Reality Therapy asserts that while we don't always control our circumstances, we can control our internal responses. Here's a quick explanation of how we can overcome some of the challenges "life throws" at us and choose happiness instead of suffering.

https://youtu.be/OFhOowjC_as



Cy Wakeman on NBC's TODAY show

Watch as Cy explains the Reality-Based Philosophy to Kathie Lee & Hoda! Air date September 7th, 2015.

[youtu.be](https://youtu.be/OFhOowjC_as)

Mindfulness

Mindfulness has become a buzzword in counseling and psychology for the past several years but many of us still don't take the time to practice it in our daily lives. Why is that? Maybe we think we're doing it wrong. Check out this Ted Talk from Daron Larson to

learn why "noticing that you're alive is a taste that adults have to re-acquire" and how "your strategy for living in the present will go a lot better when you accept how frequently the present [stinks]" lol:

https://youtu.be/Ze6t34_p-84



Don't try to be mindful | Daron Larson | TEDxColumbus

Mindful Awareness Trainer Daron Larson says although mindfulness has been shown to help decrease stress and increase contentment, many who try it give up con...

youtu.be

That's where I'll leave off today. The article on self-compassion has some good information on self-soothing and dealing with self-criticism but we'll get into that more in the future. Next week, I'm going to look at how we can teach our students the concepts of Self-Kindness, Common Humanity and Mindfulness. Have a great week!