

Resilient



Mindful Self-Compassion and resilience

Mindful Self-Compassion practice is not something we do – it's something we embody. Self-compassion alone does not fix or change the difficult circumstances you are in but rather supports you by holding your struggle lightly so as to not induce further pain and suffering. Research has shown over and over that those who are more compassionate towards themselves are more emotionally resilient and inevitably go on to 'feel better'.

Encountering rejection is tough. But beating yourself up about being rejected is painful. Mindful Self-Compassion is a healthier response for when we encounter difficulties.

To be truly compassionate with ourselves is to embody three key qualities. You can think of these as the three steps of Mindful Self-Compassion. Let's explore them over the page.

Bouncing back

Rejection is inevitable in the hunt for a job. Although it is to be expected, it can still sting and weigh in on our self-worth and confidence.

The following teachings and practice exercise are drawn from Mindful Self-Compassion. MSC is a kind, balanced approach to one's own struggles (such as not being successful for a position)

Self-Compassion Defined

To recognise one's own difficulties and respond with kindness, understanding and goodwill in an effort to alleviate further suffering.



Mindful Self-Compassion

Mindfulness (Notice)

To notice is to make a non-judgemental (objective) observation of the present moment. You might like to think of this as a mindful check in. When we notice, we are paying attention to our body, our environment, maybe others around us. We also notice our internal narrative but instead of getting swept up in it, we stay objective. Noticing might look like pausing to take a breath and observe bodily sensations. Noticing might sound like "My stomach is doing backflips and I'm feeling hot, I know this feeling... this is anxiety"

Common Humanity (Normalise)

Common humanity or to 'normalise' is to lean into this sense of interconnectedness. Normalising takes your experience and accounts for the many, many people that also call this planet home who have one point or another been through a similar experience to you. This is not to be confused with downplaying your circumstances. Normalising is not "others have it worse than me" but rather "oh, others have felt like I have, I am not alone". While no two humans will have the same life story, everyone experiences pain, suffering and shortcomings. Normalising welcomes this unavoidable fact of being human and is central to the practice of mindful self-compassion.

No step is more important than the other and you need a balance of all three to embody true self-compassion.

[To take a self-compassion break click here.](#)

Mindful Self-Compassion Cont.

Self-Kindness (Nurture)

Nurturing is less about the bubble baths and massages you treat yourself to, and more about how you regard or hold yourself.

Self-kindness is an attitude or way of being that one embodies. Therefore rather than looking at external sources to alleviate emotional pain and suffering, we turn our gaze inward and contemplate how the body and mind might be able to best support us.

One way to nurture could simply be to consciously relax the body. It might also look like placing a hand over your belly, heart or somewhere that feels quite tense. And if touch doesn't feel right, another option is soothing or supportive phrases. That is, nurture yourself with validation and kind words.

It might be helpful to consider: *What would I most like to hear from someone else in this moment? What would I wish for someone to say?* And repeat these words for yourself.

[For a self-compassion break, click here.](#)

