

## Self-Compassion in order to Lower Expectations

Self-compassion is a central component of resilience. Forgiving ourselves for our impossibly high standards, for making mistakes, and for misjudging situations, are all essential parts of resilience. It is the key ingredient to acceptance.

Practice forgiveness & give yourself permission to be imperfect. You don't need to know all the answers.

Practice gratitude-- list 3 things you are grateful for daily.

Shift into growth mindset --> "This is temporary and will support I will be okay."

Explore self-compassion exercises.



Practice mindfulness to ease judgement of self and get curious.

Treat yourself like you would treat a small child. Lower expectations with high standards.

Source: Dr. Kristen Neff



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