

## MODULE 8.2

### SELF-COMPASSION for Students



#### TAKE IT DEEPER:

### How to support students who are overly self-critical

We are all critical of ourselves sometimes, but some students may struggle with self-criticism more than others. How can we support these students to be kinder to themselves?

Start by sharing with students that we all differ in our ability to be kind to ourselves. Some may find it harder than others. But, with practice, all of our brains have the ability to build self-compassion muscles.

For those times when practicing kindness towards ourselves is really hard, a reframing exercise may help by shifting negative self-talk to positive self talk.

Using the template below, explain to students that in the left-hand column, they can write something they're struggling with and how they currently talk to themselves about it. Then, in the right-hand column, write a few phrases that are kinder and gentler, perhaps how they would talk to a friend who had this challenge.

For example, if a student writes "I am just so bad at math, I can't get it," they can respond with, "Math is hard. A lot of people find math hard. I am proud of myself for continuing to practice and to try even when it doesn't come easy to me. My brain is capable of learning with practice."

#### Negative Self-Talk

#### Positive Self-Talk

Encourage students to post the positive self-talk/affirmations somewhere they can easily see them on a daily basis.

You may ask them to consider the question, "What do you think would help you use positive self-talk more"?

