

# **Mindful Self Compassion**

## **8 week Workshop series**

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**[www.sflovedojo.org](http://www.sflovedojo.org)**

This Mindful Self Compassion series runs on 8 consecutive Monday evenings from 6:30 pm to 9 pm starting Monday, January 7, 2019. Classes will be held in the Union Bank Hospitality Room in the East Mall of Japantown, east of the Peace Pagoda and near Daiso. Additional half-day retreat location TBA. Cost is \$500 – but discounts and sliding scale are available for need (contact Ravi Chandra at [drchandra@sflovedojo.org](mailto:drchandra@sflovedojo.org) for details.) Dr. Chandra is also available to give 1-3 hour introductions to MSC. <http://bit.ly/sflovedojojan19>

Mindful Self-Compassion (MSC) is an empirically-supported, 8-week, training program designed to cultivate the skill of self-compassion. Based on the groundbreaking research of Kristin Neff and the clinical expertise of Christopher Germer, MSC teaches core principles and practices that enable participants to respond to difficult moments in their lives with kindness, care and understanding.

The three key components of self-compassion are self-kindness, a sense of common humanity, and balanced, mindful awareness. Kindness opens our hearts to suffering, so we can give ourselves what we need. Common humanity opens us to our essential interrelatedness, so that we know we aren't alone. Mindfulness opens us to the present moment, so we can accept our experience with greater ease. Together they comprise a state of warm-hearted, connected presence.

Self-compassion can be learned by anyone, even those who didn't receive enough affection in childhood or who feel uncomfortable when they are good to themselves. It's a courageous attitude that stands up to harm, including the harm that we unwittingly inflict on ourselves through self-criticism, self-isolation, or self-absorption. Self-compassion provides emotional strength and resilience, allowing us to admit our shortcomings, motivate ourselves with kindness, forgive ourselves when needed, relate wholeheartedly to others, and be more authentically ourselves.

Rapidly expanding research demonstrates that self-compassion is strongly associated with emotional wellbeing, less anxiety, depression and stress, building resilience, preventing burn-out, maintaining healthy habits such as diet and exercise, and cultivating satisfying personal relationships. And it's easier than you think.

After participating in this 8-week workshop, you'll be able to:

- Practice self-compassion in daily life
- Understand the empirically-supported benefits of self-compassion
- Motivate yourself with kindness rather than criticism
- Handle difficult emotions with greater ease
- Transform challenging relationships, old and new
- Manage caregiver fatigue
- Practice the art of savoring and self-appreciation