

## Student Wellness Program

<http://ubhc.rutgers.edu/swp/index.html>

### Self Compassion and Wellness

Why does it seem easier to have compassion for others than to have compassion for yourself? Having compassion for others involves being moved by their suffering. When this occurs, you feel moved to offer understanding, kindness, acceptance, or help in some way. As such, you come to realize that suffering and imperfection are part of the human experience, and having compassion for yourself is similar to having compassion for others.

#### WHAT IS SELF-COMPASSION?

Self-compassion involves acting in the same way toward yourself when you are going through a difficult time. If you are feeling stressed, tired, hurt, inadequate, or having any shortcomings; rather than giving in to judging or criticizing yourself, consider taking a kinder, gentler stance. You may understand that sometimes mistakes are made, acknowledge things are difficult right now, and ask how you may take care of yourself in this moment.

Self-compassion is not self-pity. Self-compassion is not letting yourself off the hook. Self-compassion is not self-esteem. Rather, all people deserve self-compassion because we want to be happy and healthy in the long run.

#### 3 ELEMENTS OF SELF-COMPASSION :

**SELF-KINDNESS:** Self compassionate people recognize that disappointments are inevitable and self-judgment will only add stress and rob you of peace and good health. Be gentle and kind with yourself.

**COMMON HUMANITY:** When things don't go as we hope or expect, we often experience a sense of isolation as if "I" am the only person who makes mistakes. Self-compassionate people remember we are humans and humans are vulnerable and fallible. This is part of our shared experience.

**MINDFULNESS:** Self-compassion involves making sure we are not over-exaggerating our mistakes and judging ourselves. When we notice our negative thoughts, we can remember our shared humanity and start the shift toward self-kindness.

Click on [this link](#) to view a 4-min video entitled:

[A Self-Compassion Exercise](#)

Or:



**Change your critical self-talk:**

Acknowledge your self-critical voice and reframe its observations in a kinder, gentler way. This will form the blueprint for changing how you relate to yourself in the long run.

## RUTGERS HEALTH

### Student Wellness Program

Piscataway (732) 235-5933

Newark (973) 972-5429

Voorhees (856) 770-5750

<http://ubhc.rutgers.edu/swp/index.html>

Student Counseling  
Educational Training

Consultations  
Psychiatry Services

Orientations  
Crisis Debriefing

# SWP SERVICES

The Student Wellness Program (SWP) is available to you and any family members residing in your household, should you be experiencing any stress related to personal or academic concerns.

All services are free and confidential. Your school has already provided this as another benefit to you. No information is shared with your academic program without written consent from you.

Not only is the SWP available for concerns related to stress, we also work with individuals, couples and families for reasons such as personal difficulties, relationship concerns, grief, anxiety, parenting issues, time management, and substance use assessments. Whatever your concerns, we are here for you. Currently the SWP is providing telehealth services via telephone or video. Feel free to reach out to us by telephone if you have any questions, concerns or would like to schedule an appointment.

**BIG**  
*Journeys*  
**BEGIN**  
**WITH**  
*Small*  
**STEPS**

We are a phone call away...



Piscataway:  
(732) 235-5933

Newark:  
(973) 972-5429

Vorhees:  
(856) 770-5750