

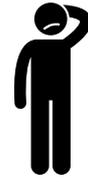
Session Recap

It's common to experience thoughts that are self-critical. **Self criticism** includes **negative self-talk**, **holding ourselves to unrealistic expectations**, and **self-punishing talk**.

Reasons Why We Might Become Self-Critical



To **hold ourselves to high standards** and push ourselves to succeed



To **punish ourselves** when we feel we've made a mistake or failed

Research clearly shows that self-criticism as a whole is **not helpful** in doing better or achieving more. In fact, self-criticism **negatively impacts** our ability to progress toward our goals.

Approaching Self-Criticism with Self-Compassion and a Growth Mindset

Self-Compassion

3 components of self-compassion:

Mindfulness:
Observing with acceptance and without judgement



Self-Kindness:
Treating ourselves as we would treat a loved one



Common Humanity:
Recognizing that suffering/failure are part of being human



Growth Mindset



Fixed Mindset

The belief that our cognitive attributes/abilities are **fixed** and **cannot be changed**



Growth Mindset

The belief that our cognitive attributes/abilities can be **developed through learning**

Self-Compassion and Mindfulness

Mindfulness

- Awareness of present moment
- On purpose
- With nonjudgmental acceptance



Self-Compassion

- Mindfulness helps us become **aware of and accepting/understanding towards the voice of self-criticism**
- It also helps us **accept** our **flaws, mistakes, and self-critical thoughts**



Growth Mindset and Mindfulness

Mindfulness



Growth Mindset



failure

=



learning experience

Mindfulness is a **necessary skill** to be able to engage with a growth mindset, allowing us to see failure as a **learning experience**



Mindfulness reminds us **not to judge ourselves** as inadequate when we've failed, but rather, to accept that we're **learning and growing**

Using Mindfulness to Be More Self-Compassionate

STEP 1

Become **aware** of the self-critical thoughts we're having



STEP 2

Observe our self-critical thoughts without judgment and with acceptance



STEP 3

Turn our attention to **kinder intentions and thoughts**



When something goes wrong, we often react in one of three ways:

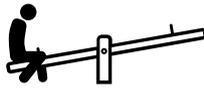
SELF-CRITICIZING

Being self-critical



SELF-ISOLATING

Isolating ourselves or avoiding the problem



SELF-ABSORPTION

Getting caught up in our thoughts/emotions and feeling stuck



MINDFULNESS

SELF-COMPASSION + GROWTH MINDSET

Showing ourselves **kindness** and being **willing to learn**

"I can learn from my mistake"

Recognize our **common humanity** and **seeking support**

"Everyone has bad days. I'm not the only one with this problem."

Reframing our thoughts to be more balanced and goal-oriented

"Maybe I didn't perform as well as I wanted to, but I can focus on what I can control for next time."

! Self-compassion is **not** about **letting ourselves off the hook** or **holding ourselves to lower standards**. In fact, self-compassion **increases our sense of self-worth**, allowing us to **face our shortcomings more effectively!**

Home Practice Instructions & Log

Formal mindfulness

Practice **formal mindfulness** at least once per day, on at least **4 additional days** over the next week, to make for a total of 5 days of practice (including the one we did in session!) Feel free to practice any combination of the practices we have learned so far, but aim to do the **loving-kindness meditation at least once**, given it's our strategy of the week. If you'd like, can use the log below to keep track of your home practice!

	Date	Practiced today?	Notes
1			
2			
3			
4			
5			
6			
7			

For any questions about the project, contact Julia Petrovic, the project coordinator at student.wellness@mcgill.ca