# Self-compassion Intervention for Resilience

A study of female college students showed that a 3-week self-compassion group intervention led to increases in self-compassion, mindfulness, optimism, and self-efficacy. (Smeets, E. et al. JOURNAL OF CLINICAL PSYCHOLOGY, Vol. xx(x), 1–15 (2014). Self-efficacy has been shown to be preventative for post-traumatic stress disorder becoming chronic rather than temporary, so it is very helpful to engage in practices that improve self-efficacy. The intervention also increased connectedness, which is helpful for student retention. In other studies, students who were self-compassionate had more motivation to learn new material and were less afraid of failure.

Understandably, we cannot usually do a 3-week activity as they did in the study However, we can use the study to get implications for several things that we could do in the classroom.

* Spend five minutes talking to the students about having self-compassion Let them know that being successful doesn’t mean being hard on themselves.

* If students are doing this book in a course, then be sure to ask them to do the *Rewiring for Compassion* on their own. If they can commit to doing one of the practices for 3-weeks, then we may assume that we will get most if not all of the benefits found in the study.
* Use compassionate phrases when speaking to students. If you have an attitude of compassion (which is not the same as being too lax with procedures and deadlines), many of the following will come naturally. You may want to keep these handy until they become part of your routine interactions with students.
  + I understand this isn’t the grade that you hoped for. But you did your best, right? And if for some reason, you couldn’t do your best this time, then be aware that sometimes we can’t always be our best, but we can always strive to do better. Just plan to do better.
  + Don’t be so hard on yourself. Things take time and practice.
  + I understand that life gets in the way sometimes. We have to accept that and move on without beating ourselves up over it.
  + These things can happen. Don’t blame yourself. That doesn’t help. Just say “lesson learned” and make a course correction.
  + Be kind to yourself. You have a lot on your plate right now. Just do the best you can under these circumstances.
  + No one is perfect.
  + Everyone makes mistakes. It is part of the learning process.
  + You are just human. You can only do so much.
  + You can’t control everything. You can only control your reaction.

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