

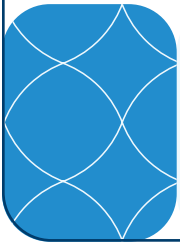


# Self-Compassion

## Visit Twelve

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Portions of the original content in the article were simplified using AI to make the information easier to understand for a wider audience.



## Self-Compassion

Most of us probably recognize the value of showing kindness and compassion to others. But how about when it comes to ourselves?

Being kind and compassionate to yourself is just as important. And with practice, you can make self-compassion a habit.

Self-compassion means being nice to yourself, especially when things don't go the way you hoped. It's about treating yourself like you would treat a good friend using care, patience, and understanding.

### Practicing Self-Compassion

Here are some tips to practice self-compassion.

- Celebrate small accomplishments.
  - You don't have to achieve big things to feel proud of yourself. The small things really do add up. So you can feel good about those things too. Maybe you didn't work out 3 times this week like you planned. Give yourself credit for what you did do. If you exercised once, that's something. If you took a walk around the block, that's something too.
- Don't believe everything you think.

- On harder days, you might catch yourself thinking things like, "I'll never be able to lose weight," or "I messed up lunch, so the whole day is ruined." These thoughts can feel real, but that doesn't make them true. Acknowledge them, but don't let them define your journey. One meal or one day doesn't undo your progress.
- Check your self-talk.
  - The way you talk to yourself about food and your body can shape your mindset. If you catch yourself thinking, "I have no willpower" or "I'll never get this right," pause and reframe. Try something more compassionate, like, "I'm learning new habits, and that takes time," or "One choice doesn't define me. I can make a better one next time."
- Remind yourself of your good qualities.
  - When you're feeling discouraged about your eating habits or progress, take a moment to list your strengths. Maybe you're great at planning meals for your family, or you've been consistent with grocery shopping. These everyday wins matter. Reminding yourself of your

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positive traits can help you stay motivated and kind to yourself.

- Do something just for you.
  - Healthy eating and weight management aren't just about food - they're about caring for yourself. Make time each day for something that supports your well-being. That might mean prepping a healthy lunch, trying a new recipe, or simply sitting down to eat without distractions. Whatever it is, let it be a small act of self-respect.

### **Kind Words to Help You Feel Better About Yourself**

Sometimes we say things to ourselves that we would never say to a friend. We might feel bad about how we look, what we eat, or the choices we make. But being kind to yourself is just as important as being kind to others.

One way to practice self-kindness is by saying affirmations. These are short, positive phrases that help you feel strong, proud, and loved. When you say these kind words often, they can help you feel better about yourself and make healthy choices.

Here are some easy affirmations you can say every day. You can say them out loud, write them down, or just think about them quietly. The more you practice, the more you'll start to believe them.

- Be kind to yourself about food.
  - I can make better choices with food.
  - I don't need to feel bad about what I eat.
  - I can choose what's best for me.
  - I'm thankful for my body and all it does.
- Love your body.
  - I like my body and how it looks.
  - The shape of my body is special.
  - I feel good being myself.
- Believe in yourself.
  - I can learn to love who I am.
  - I can make my life better.
  - I can feel happy and proud of myself.
  - I can let go of people who don't treat me well.
  - I believe I can do great things.

- I like who I am.
- I have love in my heart.
- I believe good things are coming.
- I matter.

### **Self-Compassion and Medical Weight Management**

Life can be stressful. Whether it's a health issue, job change, or just trying to get through the day. When you're working on weight management, that stress can make things even harder. But here's something important to remember: being kind to yourself can actually help you stay on track.

Research shows that self-compassion (treating yourself with care instead of criticism) can support healthier eating, more consistent physical activity, and even weight loss.

When people practice self-compassion, they're more likely to bounce back from setbacks, make thoughtful choices, and feel better emotionally.

Here are a few ways to bring self-compassion into your weight management journey:

- Celebrate small wins.
  - Maybe you didn't follow your plan perfectly, but you made one healthy choice today and that matters.
- Slow down and stay present.
  - Try to focus on one thing at a time, like really tasting your food or enjoying a walk.
- Talk to yourself like a friend.
  - If you wouldn't say it to someone you care about, don't say it to yourself.
- Make time for you.
  - Whether it's a walk, a quiet moment, or a hobby, self-care helps you recharge.

And remember, it's okay to ask for help. Adding self-compassion to that care plan can make a real difference.

### **Being Kind to Yourself Helps You Eat Better**

Sometimes we eat things we didn't plan to, like pizza instead of a salad. That's okay. What matters most is how we treat ourselves

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afterward. If you feel bad and say mean things to yourself, it can make eating healthy even harder.

Instead, try self-compassion. That means being kind to yourself, even when things don't go perfectly. It helps you feel better and make healthier choices next time.

Here are some easy ways to practice self-compassion with food:

- All foods can fit.
  - It's okay to enjoy pizza or other favorite foods sometimes. Healthy eating means balance, not being perfect.
- Notice your thoughts.
  - If you say things like "I messed up," try saying something kinder like, "I'm learning, and that's okay."
- Practice kind words.
  - Write down nice things to say to yourself when you feel bad about eating. Keep them with you and read them when you need a boost.
- Try again.
  - The first time you do something new is the hardest. But it gets easier every time.

Being kind to yourself helps you stay on track with your health goals. It's not about being perfect, it's about learning and growing.

## Kindness Starts with You

Many people want to be kind to themselves, but it's not always easy. Even health coaches, care providers, doctors, and counselors say they struggle with it too.

Here are some common challenges:

- Some people worry that being kind to themselves means they won't try hard enough.
- Others forget to care for themselves because life gets so busy.
- Some feel guilty or think they don't deserve kindness.
- Many people are used to being hard on themselves and don't know how to stop.

But here's the good news: you can learn to be kinder to yourself, just like you learn anything else. And when you do, it can help you feel better and make healthier choices, especially when it comes to eating and taking care of your body.

Here are a few tips from experts:

- Notice your thoughts.
  - If you say something mean to yourself, try saying something kind instead.
- Write down kind words.
  - Keep them with you and read them when you need a reminder.
- Remember you're not alone.
  - Everyone struggles sometimes, and that's okay.
- Practice every day.
  - The more you do it, the easier it gets.

Being kind to yourself isn't about giving up. It's about giving yourself the support you need to keep going.

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