

Dear Parents,

During this difficult time, with all the [advise](#) being heaped on you about what to do with the kids and what not to do and how to do it, plus all the other demands you are facing, I've been thinking a lot about self-compassion. Given what we all know about our tendency to [focus](#) on the negative (remember our first class on resilience - focusing on the good!), I worry, that on top of all the difficulties you are experiencing, you are going to make matters even [harder](#) for yourselves by focusing on what you aren't doing. Remember, there is no template for how to deal with what is happening now, I would venture to say we are all doing the best we can with what we have.

According to Kristin Neff, the world's leading expert on [self-compassion](#), on the best of days we tend not to be very nice to ourselves. Actually, she says, we tend to be nicer to people we don't like, than we are to ourselves. This worries me! Now more than ever it's time to interact with ourselves differently. It's time to cut ourselves some slack, well actually, more than cut ourselves some slack, I think it's time to be very, very kind to ourselves.

[Self-compassion](#) involves responding to ourselves when you are having a difficult time, fail, or notice something you don't like about yourself in the same supportive and understanding way you would to a friend. Easy, right! Not really. When we don't live up to our own standards, when we feel we have fallen short, we tend to beat ourselves up. I don't think this is the time to beat yourself up. Lately, I've heard a lot of talk about how important it is to be kind to others, I believe it's just as important to be kind to yourselves!

So how do we do this? Well, it's easier said than done, so be kind to yourselves in your effort to be kinder to yourselves. This is a nice [overview](#) of self-compassion and how to be more self-compassionate. This is a blog [posting](#) for parents from the Greater Good Science Center on how to build self-compassion. And last but not least, the Center for Mindful Self-Compassion is offering a free two-hour [seminar](#) by Kristin Neff and Chris Germer on self-compassion.

Wishing you tons of self-compassion,
Susan

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