

Practise
self-compassion
during COVID-19
Kinjal Doshi



The healthcare profession is a compassionate one – compassion being the feeling that arises when you are presented with the suffering of another and are motivated to alleviate that pain. As professionals who serve tirelessly on the front-lines or behind the scenes, many of us find ourselves confronted with the suffering of our patients and those around us. And without hesitation, we do what we believe is necessary to relieve them of their discomfort.

Reflect on your experience.

When you make a mistake or find yourself in a distressing situation, how do you respond to yourself? Are you harsh and critical towards yourself, or do you offer yourself comfort and encouragement through the experience?

Self-compassion involves responding with warmth and kindness towards oneself when we find ourselves having a difficult time, making a mistake, or notice something that we do not like about ourselves.

Having compassion for yourself is to accept that you are human, and this human condition, which is shared by all of us, is one that is not perfect, make mistakes, and experiences distress.

3 Elements to Self - Compassion (adapted from Kristin Neff)

- **“This is okay”**. Self-compassion requires us to be understanding towards ourselves in a kind and warm manner, especially when we feel incompetent, make mistakes or fail. This is the opposite of ignoring our pain or harshly judging ourselves.
- **“I am not alone”**. To be self-compassionate is to realise that we are imperfect as people and that it is inevitable that we will find difficulties in life, and thus this experience is shared by all and not only experienced by “I” alone as an individual.
- **“This too shall pass”**. In order to practice self-compassion, we need to approach our uncomfortable emotions in the context of the larger perspective by curiously observing those thoughts and emotions with openness as they may only be temporary.

Use the **IPSQ iTHRIVE Calendar** to check in with yourself and bring mindfulness to your days! (refer to next page)



Contributors: Kinjal Doshi, Zann Foo, Lucas Ng

Editor: Tan Kok Hian **Editorial Board Members:** Pang Nguk Lan, Siau Chuin **Editorial Executive:** Nurhuda Ishak

1. For resources on staff peer support and counselling, please visit [SingHealth Infopedia Homepage > SingHealth Staff Care Centre - S2C2](#)

2. For more information on mindfulness and self-care, please visit <https://www.singhealthdukenus.com.sg/ipsq/ithrive>

iTHRIVE CALENDAR

Zann Foo, Lucas Ng

0 1 Write down 3 things you are grateful for	0 2 Speak less and listen more today	0 3 Get outside to enjoy some fresh air	0 4 Eat your breakfast mindfully. Put away your phone	0 5 Look up when you are outdoor. How does it make you feel?	0 6 Take a break and play your favorite song	0 7 Do this 4 times within an hour period– close your eyes and take a deep breath and smile
0 8 Write down 3 good things for the day	0 9 Make space for something crafty or creative	1 0 Make relaxing plans with a good friend	1 1 Give yourself a hand or head massage	1 2 Set an early bed-time and stick to it	1 3 Compliment someone today	1 4 When negativity arises, practice gratitude to shift your perspective
1 5 Pause when it gets busy & text someone you love	1 6 Fill in the blanks May I be____ May you be____ May all beings be____	1 7 Talk about your gratitude at the dinner table tonight	1 8 Make someone's day better	1 9 Write a list of things that make you feel peaceful.	2 0 Buy or make a small gift for someone you appreciate	2 1 Go for a long walk with your loved one
2 2 Find a quiet place and hang out in the spaces in between your thoughts	2 3 Take a day off social media	2 4 Step a tiny bit out of your comfort zone today	2 5 Rather than judging yourself or others, offer compassion	2 6 Find joy in the process today. Infuse your efforts with courage, grace, and openness	2 7 Do a random act of kindness to someone	2 8 Take a photo that brings joy to you
2 9 Pay attention to your surroundings with a curious mind	3 0 Look into the mirror. Find something you love about yourself. Say it out loud and smile	3 1 Place your hand on your belly and breath for one minute				