

Resources

Exercises/Discussion questions (to reflect on or discuss with a colleague)

Compassion and compassionate leadership

1. Using the Kristin Neff questionnaire via the link below, what does it tell you about how you might develop your own self-compassion?
2. Why is self-compassion important for your health and well-being?
3. Why is leadership self-compassion important in developing effective and compassionate leadership?
4. Thinking of a recent difficult interaction, apply the RAIN approach to this situation. How does that help you in resolving the situation?
5. Practice each of the meditations on self-compassion for around 15 minutes. What insights does this give you to your leadership and your own self-compassion?
6. What resistance do you find in being self-compassionate? How might you overcome that?
7. Look at the resources and videos and plan for how you can better develop your self-compassion both in general and as a leader.

Questionnaires

Measuring your level of self-compassion

Kristin Neff offers a free questionnaire to assess self-compassion with scores on dimensions of self-kindness, self-judgment, common humanity, isolation, mindfulness, over-identification and an overall score.

<https://self-compassion.org/test-how-self-compassionate-you-are/>

Questionnaires for research

Kristin Neff also provides a range of questionnaires on self-compassion that researchers can use, including the self-compassion scale and scales for youth, short forms and a measure of state self-compassion (self-compassion in the moment).

<https://self-compassion.org/self-compassion-scales-for-researchers/>

Guidance on using these questionnaires is provided in Appendix 1.

Websites

1. Exercises to develop self-compassion can be found at:
<https://self-compassion.org/category/exercises/>
<https://www.mindfulcompassion.com/>
<https://soundcloud.com/dennis-tirch-phd/01-compassionate-mind-training>
<https://soundcloud.com/dennis-tirch-phd>
<https://centerformsc.org/>
<https://www.compassionatemind.org.au/practitioner-tools>
2. Guidance on developing leadership self-compassion:
<https://thriveglobal.com/stories/want-to-be-a-more-compassionate-leader-practice-self-compassion/>
3. Tara Brach's website focuses on meditation, mindfulness, self-compassion, the RAIN approach, and the challenges of daily living. A guide to the practice of RAIN can also be found there.
<https://www.tarabrach.com/>
<https://tarabrach.ac-page.com/rain-pdf-download>
4. The Compassion Institute
The Compassion Institute provides a well-developed care package for healthcare professionals and other frontline responders.
<https://www.compassioninstitute.com/>
<https://www.compassioninstitute.com/healthcare/carepackage/>

Videos

A meditation led by Kristin Neff for cultivating self-compassion. (20 minutes)
https://self-compassion.org/wp-content/uploads/2016/11/LKM.self-compassion_cleaned.mp3

A self-compassion break from Kristin Neff. (5 minutes)
https://self-compassion.org/wp-content/uploads/2015/12/self-compassion.break_.mp3

A self-compassion meditation for caregivers led by Kristin Neff. (9 minutes)
<https://www.youtube.com/watch?v=jj9wGfwE-YE&feature=youtu.be>

Tara Brach's website contains many videos and talks on self-compassion, mindfulness, inclusion, racism, and dealing with negative emotions.
<https://www.tarabrach.com/talks-audio-video/>