

Practicing Self-Compassion Workshop

BEST 2023

Resources & Links

Resources

- [Self-Compassion: Dr. Kristin Neff](#)
- [Christopher Germer](#)
- [Center for Mindful Self-Compassion](#)
 - [Self-Compassion Test](#)
 - Workshops
 - [Core Skills \(3-hour\)](#)
 - [Introduction to Self-Compassion \(3-hour\)](#)
 - [Fierce Self-Compassion \(3-hour\)](#)
 - Courses
 - [Self-Compassion for Educators](#)
 - [MSC Intensives \(5 days\)](#)
 - [Live Online MSC \(10 weeks\)](#)
 - [6-week Short Course in MSC](#)
- [How to Put Life on Easy Mode](#)
- [Lin Manuel Miranda: "G'morning. This feeling will pass."](#)
- [Sheng Yen: "Be soft in your practice."](#)

Recorded Meditations

- Self-Compassion Break
 - [Self-Compassion Break animated video example](#)
 - Tender Self-Compassion Break audio
 - [Kristin Neff](#) 5:20
 - [Chris Germer](#) 6:24
 - [Protective Self-Compassion Break audio](#) 8:40
- Compassion with Equanimity Meditation
 - [Kristin Neff](#)
 - [Chris Germer](#)
- Affectionate Breathing Meditation
 - [Kristin Neff](#)
 - [Chris Germer](#)

Greater Good Science Center Activities

- [Self-Compassionate Letter to Yourself](#)
- [How Would You Treat a Friend?](#)

Books

- Baylis, L., Neff, K., & Wiens, K. (2021). *Self-compassion for educators: Mindful practice to awaken your well-being and grow resilience*. PESI Publishing.
- Miranda, L-M.(2018). *Gmorning, Gnight!: Little pep talks for me & you*. HEADLINE Book Publishing.

- Neff, K., & Germer, C. K. (2018). *The mindful self-compassion workbook: A proven way to accept yourself, build inner strength, and thrive*. Guilford Press.
- Neff, K., (2022). *Fierce self-compassion: How women can harness kindness to speak up, claim their power, and... thrive*. Penguin Life.
- Pueblo, Y. (2021). *Clarity & Connection*. Andrews McMeel Publishing.