

# SANE

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## Peer Group Chat Summary

**Date:** 26.10.2023

**Topic:** Being Kind to Ourselves

**Description:** Being kind to ourselves can sometimes be challenging or feel unnatural, but it is very important in helping us to feel worthy. Let's come together to discuss why being kind to ourselves is important, share ways we can be kinder to ourselves and maybe even gain some ideas from others.

### Summary of discussion:

Our discussion covered:

- Challenging negative self-talk & tendencies to be hard on ourselves
  - Challenging negative self-talk was very important in this discussion!
  - Examining negative self-talk and looking for key words that exaggerate the negativity (for example; words such as "never" and "always", start by considering if these statements are accurate)
- The importance & benefit of being kind to ourselves
  - The benefits of being kind to ourselves might be very similar to the reasons that being kind to ourselves is important
- Ways we might be able to be kinder to ourselves
  - Support can come from many forms in our lives (for example; highlighting instances and situations when we are harder on ourselves and what might help us in those moments)
  - The importance of self-kindness in the discussion ranged from being gentler with ourselves, to being less critical to giving ourselves more grace.

### Discussion questions

Q1: Why might it be important for us to be kind to ourselves?

Q2: What difficulties might we anticipate in being kind to ourselves? What could possibly help to address these concerns?

Q3: When the instinct is to beat ourselves up, how might we be able to challenge these thoughts and be kinder to ourselves instead?

Q4: If you experience negative self-talk, what are some ways we could rephrase those thoughts into something kinder to ourselves?

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Q5: What might be some benefits to being kind to ourselves? What could that look like in your life?

Q6: How might the people in our lives be able to support us when we are working on being kinder to ourselves?

Q7: What are the things that you do (e.g., selfcare) to be kind to yourself?

## Resources

These are the resources that were shared during the session:

1. **Ted Talk on self compassion & kinder self-talk:** <https://www.youtube.com/watch?v=eiEMVA8AIJw>
2. **Tips & ideas for being kinder to yourself:** <https://www.webmd.com/balance/features/how-to-be-kind-to-yourself>
3. **Guided meditations on loving kindness & self compassion:** <https://self-compassion.org/guided-self-compassion-meditations-mp3-2/>

Continue the discussion over on the SANE Forums by following this link!

<https://saneforums.org/t5/Social-Spaces/Peer-Group-Chat-Being-Kind-to-Ourselves-Thursday-26th-October/m-p/1351569#M350755>

## Any ideas for topics?

We are always looking to improve and make the sessions as valuable as possible. If you have suggestions for group topics, please add them to the suggestion box on this page: [Peer Group Chat \(sane.org\)](#)

If you would like to provide feedback on the groups, please email [feedback@sane.org](mailto:feedback@sane.org).