

# Mindful Self-Compassion: A Tool for Coping & Resilience



Self-compassion involves being warm and understanding toward ourselves when we suffer, fail, or feel inadequate. Self-compassion is the opposite of ignoring our pain or punishing ourselves with self-judgment. Research suggest that the skills of mindfulness and self-compassion can help people regulate emotions, engage in healthy self-care, and respond to adversity in resilient ways. This group will help students learn the skills of mindfulness and self-compassion in order to cope with stress, anxiety, depression, and life challenges in healthy and balanced ways.

**Tuesdays 2:30–4:00, In-Person,  
Michael Hall (South Campus)**

Presented by



University at Buffalo

Counseling Services

Student Life