

What we have learned in this chapter	Your reflections
<ul style="list-style-type: none">• Meditation practice is the basis of self-compassion.• Self-compassion is important because we can cause ourselves a lot of stress by being very hard on ourselves and beating ourselves up about any mistakes we may make.• Becoming a true friend to ourselves means cutting through the stories that limit us and bring us down and building on our natural capacity for wholeness.• Stress from within our own mind can mean that the fight-or-flight response manifests as self-criticism, self-isolation and getting caught in our own thoughts and feelings.• Self-compassion includes self-kindness, recognising our common humanity and practising mindfulness.• Observing how we interact on social media can give us good clues about how to integrate self-compassion.• While we are working on developing the deeper aspects of self-compassion we can begin by not driving ourselves so hard and making time for activities that enhance our wellbeing.• Working with our emotions will help reduce our stress levels by helping us to feel more in control.• An emotional episode can be divided into three stages: the preparatory stage, the actual event and the consequences. There is something we can do at each stage.	