



Boston University Faculty & Staff Assistance Office

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## Self-Compassion Resources

### Articles

Why Self-Compassion Beats Self-Confidence. Kritin Wong. New York Times. Dec. 28, 2017.  
<https://www.nytimes.com/2017/12/28/smarter-living/why-self-compassion-beats-self-confidence.html>

The Practice of Self-Compassion and Reducing Stress. Julie Jones. Psych Central. 2018.  
<https://psychcentral.com/blog/the-practice-of-self-compassion-and-reducing-stress/>

### Websites:

Free self-compassion guided meditations and exercises:

- from Chris Germer, Ph.D.: <https://chrisgermer.com/meditations/>
- from Kristen Neff, Ph.D.: <https://self-compassion.org/category/exercises/>

### Podcasts:

- **Fierce Self-Compassion - A conversation - Tara Brach & Kristin Neff**
  - <https://tarabrach.libsyn.com/fierce-compassion-a-conversation-tara-brach-kristin-neff>
  - Or listen on Apple Podcasts: <https://podcasts.apple.com/us/podcast/fierce-self-compassion-a-conversation-tara-brach/id265264862?i=1000526041170>
- **Kristin Neff, Ph.D.: The power of self-compassion**  
The Peter Attia Drive Podcast
  - <https://peterattiamd.com/kristin-neff-the-power-of-self-compassion/>
  - Or listen on Apple Podcasts: <https://podcasts.apple.com/us/podcast/kristin-neff-ph-d-the-power-of-self-compassion/id1400828889?i=1000500796836>

### Headspace

- Self-Compassion Course (10 session)
- Learning Self-Compassion Video (11 min)
- Self-Compassion for Caregivers meditation (10 min)