

## Ep #09: Self-Compassion



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With Your Host

Melissa Parsons

[Your Favorite You Podcast](#)

## Ep #09: Self-Compassion

Hey, this is Melissa Parsons, and you are listening to the *Your Favorite You Podcast*. I'm a certified life coach with an advanced certification in deep dive coaching. The purpose of this podcast is to help brilliant women like you with beautiful brains create the life you've been dreaming of with intention.

My goal is to help you find your favorite version of you by teaching you how to treat yourself as your own best friend. If this sounds incredible to you and you want practical tips, I'm changing up how you treat yourself, then you're in the right place. Just so you know, I'm a huge fan of using all of the words available to me in the English language. So please proceed with caution. If young ears are around.

Oh, hey, welcome back to episode 9 of *Your Favorite You*. Today we are talking about self-compassion. I asked my followers on social media what they wanted to hear on the podcast because I want to make it super valuable for you. So anyway, a badass hospitalist, OB, she's a wife and a mom to three children, responded and she said, "I would love a podcast on continuing to feel self-compassion when life is hard" (example, fatigue or overwhelm).

Okay, so let's dive right in. I talk about how I want you all to discover your favorite you by treating yourself as your own best friend in the intro to this podcast. So, let's start there. Let's say your best friend called you and said, Hey, Melissa, I'm really finding it hard to feel compassion for myself when I'm tired and overwhelmed.

What would you say to her? If my bestie or my favorite cousin called me with this, I would first ask if they were looking for a friend or a coach in this instance. Most of my friends say both (that's true, they do say both).

Sometimes they just want a friend, and they want to vent, which is totally fine. I am completely still down for that. I can commiserate with the best of them. The only problem with this is that it feels better for a few moments when you vent it all out, but then you're often left in the same situation.

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The magic of coaching is that you get to decide if you want to think, feel, and do better. So, if she were looking for coaching, I might say something like, “why do you suppose you're so tired or overwhelmed? What are you doing that you absolutely do not need to be doing? What are you doing that you no longer want to be doing? Are there things that you are doing that you could delegate to someone else? Of those things that you want to do that you don't need to do, what is keeping you from taking those things off your list?”

Usually, it comes down to what other people might think of us. The other question to ask is whether or not you're getting enough sleep. I have become so protective of my sleep as life has gone on because I realize how much I feel like absolute shit when I'm not getting enough. When we're overtired, we're much more likely to be activated by situations in our normal everyday environment.

According to my friends at the CDC, we need more than seven hours per night of sleep in order to stay healthy. It's reported by the sleep foundation that a person with inadequate sleep is 10 times more likely to experience symptoms of depression and 17 times more likely to experience symptoms of anxiety.

We know the sleep deprived brain has decreased ability to make emotional judgements and to incorporate multiple pieces of information into making a decision. This is one of the reasons that sleep deprivation is used as a form of torture. As an aside, I can remember laying there with Jon in the middle of the night after having Jack and not getting enough sleep, and only getting sleep in like 30-minute snippets, and him and I saying this is after we had like done residency where we were truly sleep deprived already.

We thought we were the idiots that were like, “oh, we've done residency, having a baby won't be a big deal. Ha-ha.” Mother Nature was like, “you idiots.”

So, I can remember laying there with him and us like looking at each other and being like, “oh yeah, this is why they use it as a form of torture”. It may be just as simple as asking yourself in the moment that you find yourself being less than caring, less than compassionate with yourself and others.

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Do I just need to get some sleep? And then when you figure that out, use the wisdom of the best-selling children's book and the words of Adam Mansbach narrated by Samuel L. Jackson and go the fuck to sleep.

Now, of course there are going to be times when you are working, or you are moming. In the case of my amazing fan who wrote in to request this podcast topic, just hearing that she's an OB hospitalist and mom of three kiddos makes me tired.

So, there are going to be times when you cannot just go to bed. In those cases, you can notice that you're lacking compassion for yourself. You can warn the other people that you live with. I may not be my favorite version of me today. You might even warn the people you work with, the people that you're around.

I may not be my favorite version of me today. Please know that it has everything to do with me being tired and overwhelmed and nothing to do with you, or if you recognize after the fact. You are not your favorite version of yourself. You can ask anyone who may have been in the path of your decisions or behaviors for a do-over apologize.

If you've done something that necessitates an apology, assess if there's anything you could have done differently. When I was creating this podcast, my brilliant coach Maggie reposted a tweet by David R. MacGyver. He said, "The modern condition is mostly trying to do things on your own that people have historically achieved with a large support network and wondering why you are tired all the time."

The modern condition is mostly trying to do things on your own that people have historically achieved with a large support network and wondering why you are so tired all the time. Being a human really does take a village, and so many of us are out here trying to be all the things to all the people. In order to heal or fix something, you have to see it first. The awareness comes first. Then you figure out what is in your control, the role that you want to play, and then you do that.

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Bill Gates said, “we overestimate what we can get done in a short period of time and we underestimate what we can get done in a larger period of time,” and I find that to be true.

So perhaps you are just falling victim to thinking you can get more done than you actually can and simply need to reassess. Again, I suggest you ask yourself, what do I want? I also suggest you figure out what your top three values are and try to align your time to do that. I suggest you figure out what your top three values are and try to align your time with that.

I first mentioned this in podcast 6. [Magically Help You Love Yourself Just As You Are](#). So, we will link that here.

Self-compassion is definitely something that you are going to have to practice until it feels uncomfortable not to offer it to yourself. We have been socialized for years to think that we have to beat ourselves up to get our stuff done, to accomplish, and to achieve self-compassion was never offered as the path toward having the life you want.

So, it feels so familiar to beat ourselves up and to offer ourselves no grace or compassion whatsoever. It's okay for anything new that you try to not feel right at first. None of us particularly enjoys being a beginner at anything, but anytime we try treating ourselves in a way that is counter to how we have done it for decades, we are going to feel wobbly and not so sure.

At first, you have to practice. And practice it over and over until it feels natural and takes less effort. Eventually you will get to the place where treating yourself and everyone else with compassion will be second nature and you will feel uncomfortable treating yourself without self-compassion. I love seeing the shift in my clients.

It is so gratifying. The other thing that likely is at play here is a false belief that we need to be hard on ourselves in order to get shit done. My friend and fellow coaching colleague, fellow former pediatrician, Jessie Mahoney, leads an amazing yoga class for free nearly every weekend for physicians. I attend this as often as I can.

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She often says if we soften and relax, the whole world won't collapse. I've had to have some self-compassion for myself recently because I have not been practicing yoga as much as I used to. And I realize that I'm not practicing as often as I want to, and as often as my brain and my body crave it. So, I started again on a regular basis a couple weeks ago.

My body is not as strong as it used to be when I was practicing regularly, and it certainly is not as flexible as it was even a year ago. So, I'm noticing I can choose curiosity and compassion when I am practicing, or I can choose judgment. Judgment of what I can no longer do that I used to be able to do. Judgment for stopping the regular practice and walking instead.

Judgment is being hard on us. It's being stiff, it's being stubborn. It's being set in our ways. Curiosity and compassion are soft. They feel so much better and you can use curiosity and compassion as a way to get to know your favorite you on a much deeper level.

Most of us were raised to not be soft. That softness was weakness, but I have found just the opposite to be true. It is in softening that you can offer yourself so much compassion and build a stronger relationship with yourself. The way that we learn best as children is through observing other adults and how they deal with the challenges of life.

Many of us were not provided with examples of parents or caregivers offering themselves compassion when life was scary or hard. So of course, very few, if any of us learned this when we were children. Our bias is to always put the focus on the negative because we are constantly trying to keep ourselves safe.

So, combine the lack of modeling of self-compassion with the proclivity to always look for the negative in ourselves. And you can see why self-compassion seems so radical and feels so damn hard. When I was given the opportunity to be on a call this summer with Dr. Edith Eger, I wrote notes of the impactful things she said.

One of them was, "it is hard to acknowledge that you are not limitless. You are human." So, I invite you the next time you are feeling self-judgmental,

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or you feel yourself getting tense, getting harder, wearing your shoulders as earrings, consider curiosity, consider softening. Ask: “if I were to choose self-compassion right now, what would that look like? How might that change my relationship with myself?”

Is it possible that self-compassion can help you become your favorite you? If you need help with this or you are confused and you have no idea what I'm talking about, please reach out to me. I have just a couple more spots available in my one-on-one coaching practice, and I would love to be your coach.

Have a beautiful week filled with self-compassion. If you like what you're hearing so far, and you think others would benefit from *Your Favorite You*, it would be epic if you could take a couple of minutes to rate and review the podcast. Ratings and reviews are the best way to make a podcast discoverable. I'd love it if you'd give me your honest opinion, especially if you adore me, and of course, a five-star review would be fantastic.

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Thank you for listening to this week's episode of Your Favorite You.

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I, so look forward to meeting you.