



Be compassionate

If you went on a world tour with someone and spent a great amount of time with them, how important would your relationship with them be? Would you not put in an effort to ensure everything stays calm and positive?

In the journey of life, we all have a few partners. One of those is our own self. During this period of traveling, we often end up being too tough on ourselves. We fall prey to it, much more than we even realize. However, instead of being overcome by this, we can forgive ourselves, accept our flaws, be kind to ourselves and practice self-compassion.

Compassion is a sympathetic pity or concern for any living creature that is going through hardship. Self-compassion, on the other hand, simply means being kind and understanding towards oneself. Thus, if we notice something we don't like about ourselves, we must approach it with gentleness and warmth. Instead of positive growth, condemning and loathing ourselves only leads to negativity, worry and hopelessness. Compassion means adopting a considerate, encouraging and tolerant attitude that strengthens our value and creates a steady base for us to move forward.

Remind yourself

Ensure that you approach yourself with compassion and warmth in order to keep up a positive attitude and build a healthy self-esteem.

Take that step

Comfort yourself

Something that can improve how you feel physically gives you a dose of self-compassion.

- Consume healthy food
- Lie down
- Take a walk
- Pamper yourself with a manicure



Write a letter

Take a situation that caused you a lot of pain and write yourself a letter, describing the situation and your emotions. Don't blame yourself and use this as a means for your inner growth and self nurturing.

Encourage yourself

Think of what advice you would give to a friend who was in your situation. Then, every time you find yourself in a bad state, use those compassionate statements towards yourself.

Be mindful

أَلَا بِذِكْرِ اللَّهِ تَطْمَئِنُّ الْقُلُوبُ

Without doubt in the remembrance of Allah do hearts find satisfaction
[13:28]

While in pain, the remembrance of Allah ﷻ and spiritual meditation play a vital role in nurturing and accepting yourself.

Read at least one page of the Quran everyday and allow its calmness to wash over you.

Case study

Abdurrahman was writing his final dissertation for his Masters program. He did a good job, but due to major errors in one area, he had to redo part of it. It made him feel really embarrassed and he was very ashamed of himself for messing up in this way.

His lecturer, however, thought differently. He said, "Abdurrahman, don't be so hard on yourself. Be gentle with yourself. You have done a good job so far. Don't beat yourself up about it, inshAllah when you redo this part, it will definitely be the best."