

Resources

Self-compassion:

- Dr. Kristin Neff's website: <http://self-compassion.org/>
- Sounds True online courses and resources: <https://www.soundstrue.com/store/catalogsearch/result/?q=self-compassion>
- Self-compassions exercises and worksheets:

<https://positivepsychologyprogram.com/self-compassion-exercises-worksheets/>

- Self-compassion blog:

<http://www.throughdarknessindaylight.com/2016/01/self-compassion-how-to-be-loving-and-authentic.html>

Mindfulness:

- Getting started: <https://www.mindful.org/meditation/mindfulness-getting-started/>
- Mindfulness and meditation practice: <http://miagoros.com/best-10-minute-guided-meditations/>
- Insight Timer: <https://insighttimer.com/>