

Resources:

[Self-Compassion – Dr. Kristin Neff](#) Dr. Kristin Neff’s website, offers information, resources, scientific studies and mindful self-compassion practices.

[The origins and nature of compassion focused therapy \(self-compassion.org\)](#)

“Research indicates that self-compassion is strongly associated with psychological well-being. Higher levels of self-compassion are linked to increased feelings of happiness, optimism, curiosity and connectedness, as well as decreased anxiety, depression, rumination and fear of failure.” [Neff, 2009]. [The Role of Self-Compassion in Development: A Healthier Way to Relate to Oneself - PMC \(nih.gov\)](#)

[The Chemicals of Care: How Self-Compassion Manifests in Our Bodies](#)

[The Fascinating Relationship Between the Heart and Brain - YouTube](#)

[Unshackling Self-Worth: The Journey Towards Intrinsic Resilience \(linkedin.com\)](#)

Neff, K. (2009). The role of self-compassion in development: A healthier way to relate to oneself. *Human Development*, 25(4): 211-214. Neff, K. (2023).

Robertson, P. (2012). The well-being outcomes of career guidance. *British Journal of Guidance & Counselling*, 41(3): 254-66.