

## The case for self compassion in positive and negative mood shifts

Self-compassion plays an important role in regulating emotional flexibility and may serve to enhance emotional resilience (i.e., the capacity to maintain equanimity in the face of adversity).

Self-compassion was significantly associated with affective shifts in either direction in response positive and negative mood inductions, and positively associated with spontaneous mood recovery, and was negatively and significantly correlated with depressive symptoms, dysfunctional attitudes, and cognitive reactivity to sad mood.

Self-compassion connotes the mindful embrace of even negative or painful emotions (Neff2003). Individuals are more likely to mindfully experience their emotions and then self-correct the negative experience, through the provision of warmth, kindness, and a non-judgmental understanding toward themselves.

Findings from these studies bolster evidence for the role of self-compassion interventions in reducing negative mood and, more generally, to self-compassion's contribution to emotional flexibility.

Full article: <https://www.shadibeshai.ca/uploads/20.-Beshai-et-al.-2018-Mindfulness.pdf>