

'Self-compassion' can help divorced people heal

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USA Today:

Self-compassion can help the newly divorced get through one of the most difficult periods of their lives, researchers suggest.

They explained that self-compassion — a combination of kindness toward oneself, recognition of common humanity, and the ability to let painful emotions pass — “can promote resilience and positive outcomes in the face of divorce.”

University of Arizona researchers studied 38 men and 67 women with an average age of 40 who had been married for more than 13 years and were divorced an average of three to four months. Those who had higher levels of kindness to themselves were able to recover faster from the emotional effects of divorce.

The study appears in an upcoming issue of the journal *Psychological Science*.

Read the full story: [USA Today](#)