



Welcome

Self-Compassion Practice Webinar

This Webinar is brought to you by the

CAREFORCAREGIVERS

Mental health support for health care providers



“If your compassion
does not
include yourself,
it is incomplete”

Buddha

Invitation to Explore Self-Compassion

- Increasing compassion for yourself and all your fellow humans
- Fostering self-acceptance
- Honouring your humanness
- Experiencing mindful-based practices to find peace from within
- Exploring body awareness to notice what arises in the moment

Breathing Practice

Grounding
ourselves
through gentle
movement and
observation
of breath



Understanding Compassion

“When we practice
generating compassion,
we can expect to experience
the fear of our pain”

Chödrön, P. (2005)





Acknowledging
our suffering

Honoring our
humanness

Self-kindness

Self-Compassion

... What is it?

Neff, K. D. (2011)

Self-Compassion

is not....

Self-pity

Neff, K. D. (2011)



Core Components of Self-Compassion

Self-Kindness vs.
Self-judgment

Shared Humanity vs.
Isolation

Mindfulness vs.
Overidentification



Neff, K. D. (2011)

Benefits of Cultivating Self-Compassion

Helping lessen symptoms of depression, anxiety,
secondary traumatic stress

Mitigating feelings of exhaustion in the workplace

Fostering close, authentic, and mutually supportive
relationships

Neff, K. D. (2011)

Boundaries and Self- Compassion

“Compassionate
people...

are boundaried
people”

Brown, B. (2010)





Responding vs. Reacting

“Between stimulus and response there is a space.

In that space is our power to choose our response.

In our response lies our growth and our freedom.”

Victor Frankl



Self-Compassion starts with us... and within us...

Can we...


Be compassionate with ourselves
in the midst of our failures and
disappointments?

Become aware of our self-critical
voice?

Embrace what is with warmth,
understanding, support and
kindness?

Focus on opening our hearts
Instead of focusing on what is
right ?

Kristin Neff

A cozy scene featuring a ginger cat curled up in a thick, cream-colored knit blanket. In the foreground, a dark red ceramic cup of tea sits on a matching saucer with a colorful floral pattern. An open book lies next to the cup. The background is a window with raindrops, and a black lampshade is visible in the upper left corner. The entire scene is overlaid with a semi-transparent purple rectangle containing text.

Creating a welcoming atmosphere

- Sit in a comfy chair
- Have a notebook and pen to write any insights
- Bring a cushion, a pillow, a warm blanket
- Have hot tea or water
- Add whatever inspires you comfort: a precious object, a picture, a plant, a flower, a crystal, light a candle, incense...



Mindfulness Practice

Emotional Diffusion Technique

Bring into awareness
a situation that feels
incomplete... notice
any sensations,
emotions... process and
integrate the
experience... release
any effort to make
anything happen...

Suggested Resources

Mindfulness Authors:

- Eckhart Tolle,
- Thich Nhat Hanh
- Pema Chodron
- Jon Kabat-Zinn



Closing Suggestion...

Practicing Being Imperfect...

have fun!!!



THANK YOU...

for accepting
the invitation



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