

Resilience on the Caring Journey: Exploring the Role of Self-Compassion

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What is Resilience?

"The ability to recover from setbacks, adapt well to change, and keep going in the face of adversity."



What is Self-Compassion?

- Self-compassion involves
  - Being open to and aware of the reality that *life is <u>not</u> easy*,
  - Offering kindness and understanding towards oneself,
  - Desiring the self's well-being,
  - Taking a nonjudgmental attitude towards one's inadequacies and failures,
  - Framing one's own experience in light of the common human experience

How Self-Compassionate are You?

Please answer the following questions:

- Think about a time when a close friend felt that they had really "messed up" and were really frustrated with themselves.
  - How did you respond to your friend in this situation?
- Now think about a time when you "messed up".
  - How do you typically respond to *yourself* in these situations?
- Did you notice a difference? If so, ask yourself why.

Why not try treating yourself like a good friend and see what happens?

Why is Self-Compassion Important?

- What the research says:
  - Self-compassion outperforms self-esteem and even optimism as a predictor of resilience and coping.
  - Self-compassion has been found to have a negative association with anxiety, and a positive association with self-determination.
  - Contrary to what many people think, treating yourself kindly is also good for achieving your goals.
  - Self-compassion is associated with adaptive academic motivational patterns.
    - Self-compassionate individuals are better able to see failure as a learning opportunity and to focus on accomplishing tasks at hand.
    - Self-compassion is associated with greater self-confidence in one's ability to learn and less trepidation concerning possible failure, which in turn is linked to greater mastery goal adoption.

Cultivate Self-Compassion

Self Compassion is treating oneself with kindness, recognizing one's shared humanity, and being mindful when considering negative aspects of oneself.

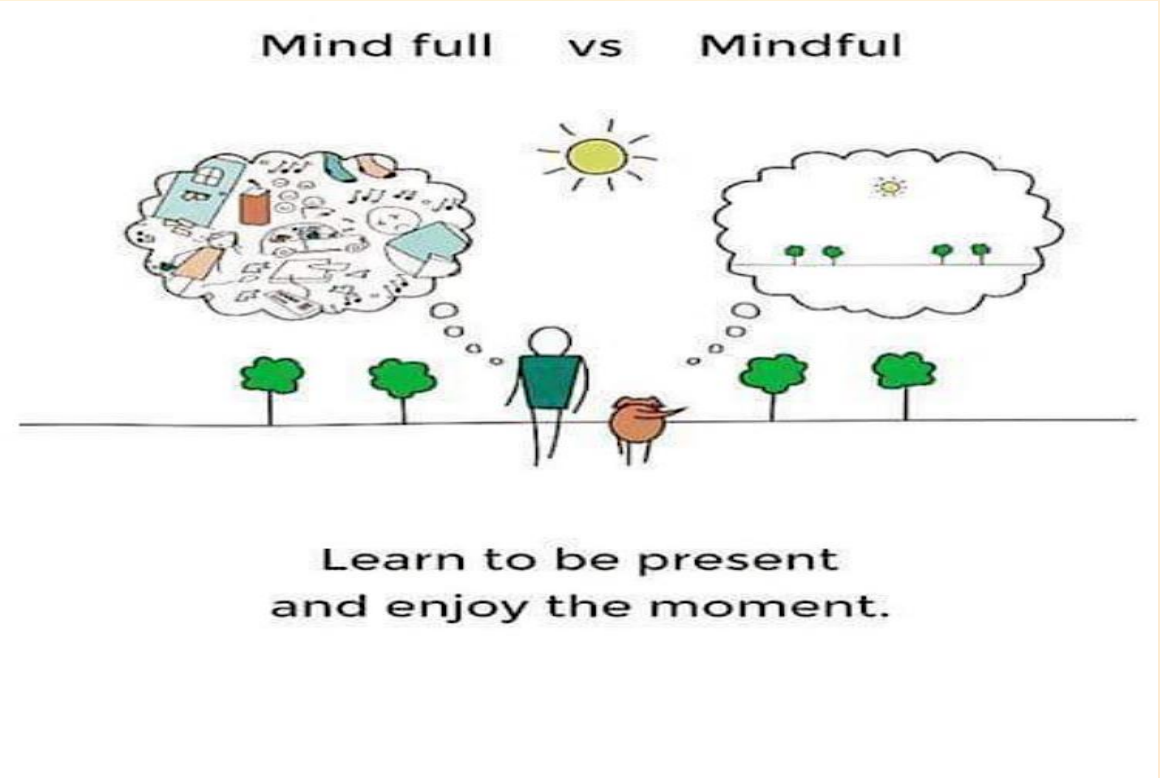
-Kristin Neff

Self-Compassion: Stop Beating Yourself Up and Leave Insecurity Behind

- Mindfulness
- Self-kindness
  - Do you treat yourself as well as you treat your friends and family?
- Sense of common humanity

What is Mindfulness?

- The non-judgmental awareness of what is happening in the present moment: Being Right Here, Right Now.



What is Mindfulness?



- It is being aware of the voice inside your head.
- It is ensuring that you are not on automatic pilot.
- It is being able to make a CHOICE about what you think and how you respond to different situations in your life.

How Do We Cultivate Mindfulness?

Meditation

Why Meditate? https://www.youtube.com/watch?v=Aw71zanwMnY

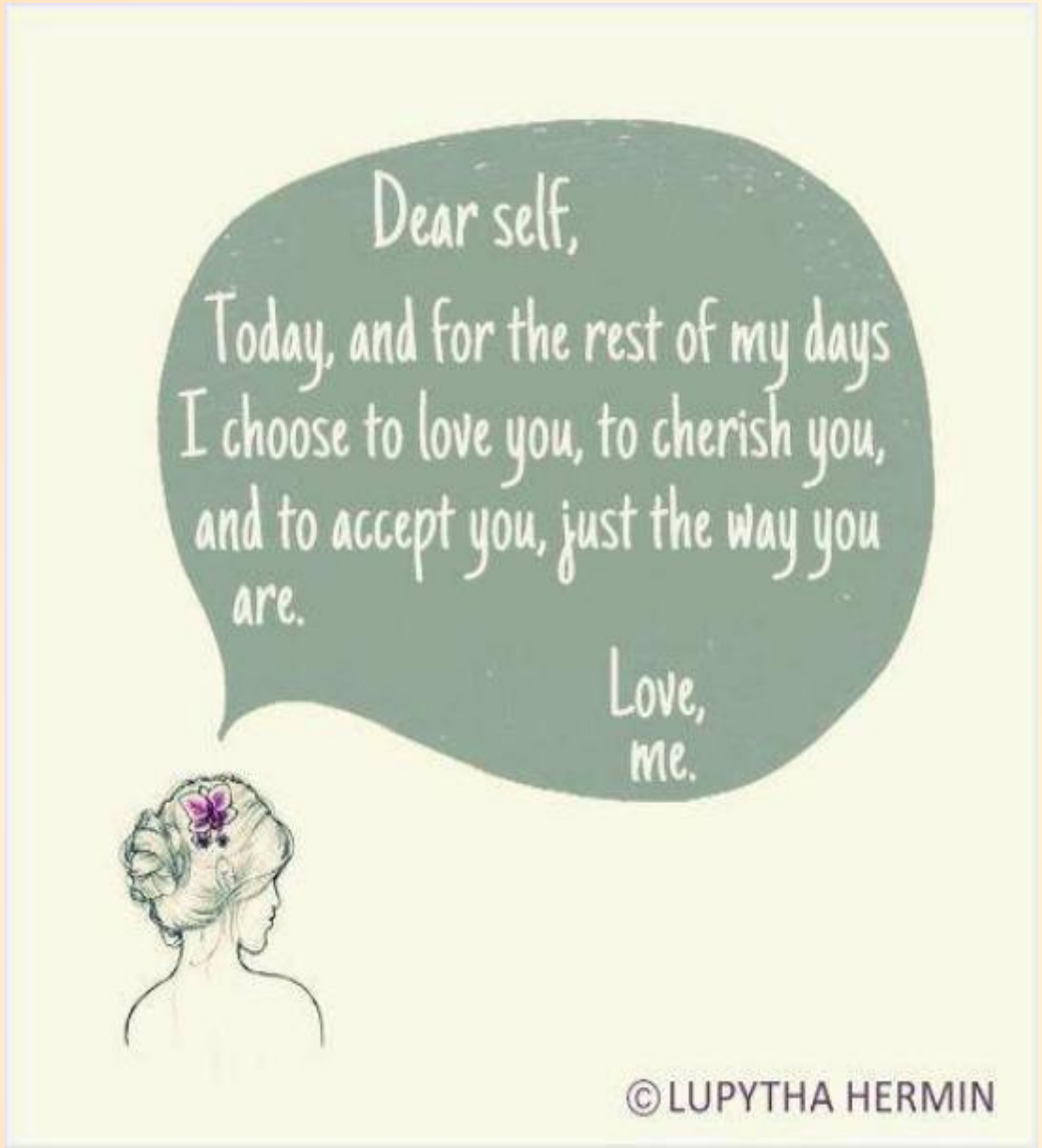
Research demonstrates Meditation can:

- Decrease anxiety and depression
- Increase pain tolerance
- Increase memory, self-awareness and goal setting
- Increase empathy
- Reduce negative feeling, sadness and anger
- Changes the shape of the brain
- Slow down the heart rate
- Increase telomere length

Mindfulness Meditation

Sense of Common Humanity

- Just like you…….


Dear self,
Today, and for the rest of my days
I choose to love you, to cherish you,
and to accept you, just the way you
are.
Love,
me.
©LUPYTHA HERMIN


Self-compassion
is simply giving
the same kindness to
ourselves that we
would give to others.
-Christopher Germer-
AgapΩ

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