University of Iowa Professional Self-Care Series

Session 2: Practicing Self-Compassion

Transcript 22-07-21

*(Transcription joins session already in progress)*

12:14:09 self-compassion involves acting the same way towards yourself when you're having a a difficult time when you fail, or notice something that you don't like about yourself so instead of just ignoring your pain with

12:14:24 a stiff upper lip mentality, you stop to tell yourself this is really hard, right now.

12:14:32 What can I do to comfort and care for myself in this moment?

12:14:37 So, instead of mercilessly judging and criticizing yourself for various inadequacies or shortcomings. self-compassion means your kind and understanding.

12:14:48 When confronted with personal failings, because, after all, who said you were supposed to be perfect right?

12:14:56 It may be most importantly here, having compassion for yourselves, means that you honor and accept your humanness.

12:15:06 Things are not always gonna go the way that you want them to.

12:15:10 Yeah, you're gonna encounter frustration, losses are gonna happen.

12:15:15 You're gonna make mistakes and bump up against your limitations and even fall short of your ideals.

12:15:22 That is the human condition, and it's a reality that shared by all of us.

12:15:31 The more you open your heart to this reality instead of constantly fighting against it, the more you're gonna be able to feel compassion for yourself and all of your fellow humans in this experience of life.

12:15:46 So now that we've defined what self-compassion, is it's also important to understand what it isn’t.

12:15:51 It. First of all, Self-compassion Is not self-pity.

12:15:57 When somebody feels self-pity, they become immersed in their own stuff, and they forget that other people may be having similar experiences.

12:16:08 Those that are experiencing self-pity often ignore those interconnections with other people, and instead they feel like They're the only person in the world that's suffering, and that drives a feeling of isolation.

12:16:23 and disconnection. Self-compassion is also very different from self-indulgence.

12:16:32 So many people say that they're reluctant to practice self-compassion or self-care, because they're afraid they would let themselves get away with anything.

12:16:43 So. an example of that would be telling yourself I have had.

12:16:46 I have had a day, so to be kind of myself I’m just gonna watch Tv all evening and eat a quarter of ice cream.

12:16:54 But all the ice cream is self-indulgence rather than self-compassion.

12:17:01 So remember being compassionate to yourself also means that you want to engage in practices that'll help you be happy and healthy in the long term.

12:17:12 In many cases just doing something that makes us feel better in the moment can actually harm our well-being, like overeating, being a couch potato, taking drugs, using other substances, and developing your health and happiness over time often

12:17:33 involves a certain amount of discomfort in the short term, like quitting, smoking, or losing weight, or exercising. Although self-compassion may seem similar to self-esteem.

12:17:47 Those are also different in a lot of ways. Self-esteem refers to our sense of self-worth.

12:17:56 Our perceived value or how much we like ourselves and it's often contingent on our latest success or failure, meaning that our self-esteem fluctuates, depending on ever changing circumstances so in contrast

12:18:15 to that self-compassion isn't based in self-evaluation.

12:18:19 People who feel compassion for themselves do that because they believe all human beings, including ourselves, deserve compassion and understanding, and not being because they possess some particular set of strength.

12:18:36 Traits like they're pretty they're smart they're talented, whatever they're Instagrammable. Or their tik-tok got a 1,000 likes, self-compassion isn't dependent on external

12:18:51 circumstances it's always available in especially when you fall flat on your face.

12:19:00 Research indicates that in comparison to this idea of self-esteem, self-compassion is associated with greater emotional resilience, more accurate self-concepts and more caring relationship behavior and less

12:19:18 narcissism and reactive anger. So when we practice self-compassion.

12:19:23 We're actually better at showing that compassion to other people. So, as we think about practicing self-compassion and care, it can be helpful to reflect on how our childhood upbringing may be playing a role in our

12:19:40 adult self-care behavior. some thought patterns so i'm gonna guide you through a series of questions to help you to start.

12:19:48 Think about this, but I would encourage you to think about these more deeply with your teams, and determine how that might influence how you approach and support self-care at work and in the chat box I've given you a

12:20:04 handout that for those of you who maybe are in leadership positions, it can help You have those conversations with your teams at work for this discussion.

12:20:13 Again. You're gonna use the poll everywhere. site and enter your responses, and they should be displayed anonymously.

12:20:21 So my first question for you is, what messages did you receive from your parents or other adults when you were growing up about self-care?

12:20:32 What kind of direct or indirect messages did their words and behavior signal that it was okay to relax and recharge, or that, yeah, that it was wasting time, or you were failing to meet expectations.

12:20:48 If you did that, you know. think about. Did you ever see your parents take a vacation?

12:20:52 And if so, how did they behave so some of you didn't self-care wasn't a message you got Yeah, Some of you said that it was lazy or work comes first?

12:21:05 And I will let you know in these you can type as many words as you want it.

12:21:09 Doesn't have to be one word lots of you said lazy or none.

12:21:15 What are some of the other messages? Work comes first.

12:21:23 So lots of you are saying, Yeah, work now play later, or you and it may be not that they didn't necessarily specifically talk about self-care.

12:21:34 But they showed they sent messages to you through their actions, work hard all the time.

12:21:44 Mental health is important, but productive is more important. Some of you were fortunate, and parents made your well-being a priority.

12:21:56 But lot of you got those messages through work ethics, and a lot

12:22:02 were like you're a kid you don't know stress right.

12:22:07 Work first relax, second family time’s important self-care was not a concept.

12:22:13 Push through. Yeah, push through and keep going. So some of your parents were very good about taking a specific day away from everything to re-energize.

12:22:29 But many of you had those experiences of work first play later, or study first play later. And if you if you did those things, what was the cost of that?

12:22:42 Yeah, some of you rally recognize, maybe the adults in your world weren't a good example.

12:22:49 But then it’s honorable to be a hard worker to sacrifice that you work to pay the bills, and you do whatever it is that you need to do to get the job done Yeah, Very good so Now.

12:23:06 I had. Yeah, and didn't talk about it so I have another question for you.

12:23:11 Some of you had parents who role modeled exercise that's great. So now I wanna know what does your How has your cultural upbringing influenced your philosophy around self.

12:23:25 Care. You know some of us come from cultures that have that motto that you were mentioning a work, hard play, harder or work hard, and then work harder.

12:23:37 There are also cultures that have different messages for different gender.

12:23:42 So, for example, men when they come home from work they should relax while the women in the house clean cook dinners during their downtime.

12:23:52 Those kinds of things. So what are some of the norms for self-care that come from your cultural heritage?

12:24:02 Whether that's your race and ethnicity maybe your faith, background, gender differences.

12:24:10 But how has your cultural upbringing influenced your philosophy around self-care?

12:24:18 So some of you say that as a minority you didn't really see, women have that luxury of self-care work hard, but take time to re-energize work harder than everybody else.

12:24:33 Thank you. That kind of mentality of everyone else comes first.

12:24:38 There was a stigma around mental health and self-care being productive, is self-care.

12:24:47 Yeah, some of those tender differences where the men were really relaxed while the women do everything around the house.

12:24:56 Go go, go. Yeah. lots of differences in gender, but also kind of a culture of granted.

12:25:04 Barrett, and on the other hand, you take care of each other, that it's part of your culture that when you see somebody in trouble, you take you, take care of each other.

12:25:17 Some more traditional, or what you call old fashioned customs.

12:25:20 But there was a gender divide, important to work hard and do things right.

12:25:26 The first time. Yeah, keep your head down. get through it but also don't depend on others. and if you're not dependent on another person, or in this case a male figure, then you're working extra hard to take care of

12:25:45 yourself and money. Worrying about money means always working and what's that self-care and only for the wealthy.

12:25:56 Yeah, you can only take care of yourself if you have the money to do it, because we associate self-care with vacation. Right?

12:26:04 Get up, get over it, or sweep it under the rug and just move on right Here's another question for you.

12:26:16 So now I want you to think about the responsibilities that you were given as a child like doing any kind of chores, or caring for younger siblings, or helping with a family business, or any sort of adverse childhood, of

12:26:32 experiences that you might have had growing up outside of your family home potentially, or the responsibilities you were given.

12:26:42 And how do your childhood experiences affect the way you perceive other people's efforts to practice self-care.

12:26:52 What are you having your childhood impact? How you perceive other people who practice self-care?

12:27:03 Now that you're an adult

12:27:09 That may be a tougher question. How do? How do you perceive other people?

12:27:17 Yeah, wish I could do that. Used to see it as laziness, and people not giving their all.

12:27:25 But now you have a better understanding. now, as a growing up your workaholic all day, all night, and getting frustrated with your partner, who wants to relax

12:27:37 We see other people as indulgent or fortunate? or how do they find that time to do that?

12:27:44 Or how did they learn to do that? it's considered a privilege right?

12:27:51 And you're right? self-care is important but a lot of people don't know where to start Hopefully, this series will help you with that lucky Yeah.

12:28:01 And so growing up. some of you helped with farm work and then It's taken a lot to think about how important it is to balance.

12:28:11 Very good, happy people are able to step back and regroup must be nice, or that they're entitled.

12:28:19 Yeah, and then i'll pick up the slack while you're gone.

12:28:25 You go have that frivolous vacation, and I’ll just pick up the slack for you right so lot of us have that.

12:28:33 That's how the other half gets to live yeah and some of you are learning that maybe it's okay to value yourself a little bit more.

12:28:44 But it can be frustrating. So one more question for you here.

12:28:51 What messages did you convey to the people around you, including your coworkers, for your kids about self-care, either intentionally or unintentionally?

12:29:06 What kind of message is knowing your philosophies about self-care, and whether or not you practice it.

12:29:13 Kind of message is that sending to the people around you enjoying your time?

12:29:20 Now, if because you can you encourage staff to use their pto that's good.

12:29:26 The other thing to be considering is whether your actions in words are in alignment.

12:29:35 So you may be telling people they need to take time off, but they and then not doing it yourself.

12:29:39 And so you're not modeling that and so what kind of yeah, unintentional messages like that include Nice.

12:29:50 So you practice it and make sure that your kids do it too.

12:29:54 Teaching kids that it's okay to admit when you're overwhelmed.

12:29:59 But some of us notice that our kids are getting that same work ethic that we are.

12:30:05 Please take care of yourself. so you don't snap at anybody.

12:30:11 Try to demonstrate that it's important explore what works for you, because everybody needs something different, absolutely.

12:30:21 Fill your bucket. First work stays at work and personal stuff stays at home, and one of our future sessions.

12:30:27 We're gonna talk about work and play and what that means at work and outside of it.

12:30:32 So thanks for bringing that up. Very good so there's all kinds of messages, and the biggest thing I do want you to be thinking about is whether your actions in your words at work when you're working with your teammates

12:30:50 align. Yeah. So you encourage everybody else to do it.

12:30:55 But do you do it yourself, and that both things are okay.

12:30:59 Very good, absolutely I’m right with you I sing loudly in the car on my way to and from work too.

12:31:10 And as much as I love Yoga that doesn't work for everybody. absolutely.

12:31:14 Thank you for that. Keep your pull everywhere open. we're going to use it again in just a little bit.

12:31:21 But I wanna talk a little bit more now about self-compassion, and what that can look like so self-compassion has 3 elements.

12:31:32 The first is that it entails being warm and understanding to ourselves.

12:31:39 When we suffer or we fail, or we feel inadequate rather than ignoring our own pain or beating ourselves up with self-criticism, self-compassionate people recognize that being imperfect or

12:31:55 failing and in experiencing life difficulties is inevitable.

12:32:00 So they tend to be gentle with themselves when they're confronted with painful experiences, rather than getting angry when life falls short of our ideals.

12:32:12 But frustration, and not having things exactly, as we want is often accompanied by kind of an irrational but pervasive sense of isolation, as if I were the only person having that experience or I’m the only

12:32:29 one who makes mistakes, but all humans do It the very definition of human means that we are mortal mortal v vulnerable and imperfect, and sometimes can't even say our words right so self-compassion

12:32:50 involves recognizing that suffering and personal inadequacy is just part of the human experience. it's something that we all go through rather than being something that just happens to me alone.

12:33:05 And self-compassion also requires taking a balanced approach to our negative emotions, so that feelings are neither suppressed nor or they exaggerated.

12:33:19 And one way to do that is, through the practice of mindfulness.

12:33:26 Mindfulness is a nonjudgmental receptive mind state in which you observe the thoughts and feelings that you're having as they are, without trying to suppress or deny them.

12:33:39 We can't ignore our own pain and feel compassion for ourselves. At the same time those 2 don't go together.

12:33:50 But mindfulness also requires that we don't get over identified with our thoughts and feelings.

12:33:56 So that we're caught up and swept away by that negative reactivity

12:34:05 So Mindfulness is not only an element of self-compassion.

12:34:10 Some people call it a superpower. So we're going to take a short video break to hear more about that.

12:34:19 And as you think about this afterwards, I’m going to ask you what you saw.

12:34:25 So. I’m gonna turn my camera off and my microphone so that you can focus on the video

12:34:44 You may have heard this word mindfulness it's become something of a buzz phrase of late So i'm gonna give you one simple serviceable definition which is this: mindfulness is the ability to know

12:34:55 what's happening in your head at any given moment without getting carried away by it.

12:34:59 Imagine how useful this could be, Just as an example, driving down the road, and suddenly cuts you off in traffic.

12:35:06 How do you normally react? I think most of us we normally react by having a thought which is, I’m pissed.

12:35:12 And then what happens next? You immediately, habitually, reflexively inhabit that thought.

12:35:18 You actually become pissed there's. no buffer between the stimulus and your reaction with just a little bit of mindfulness in that same situation, you might notice my chest is buzzing my ears are turning red I’m having

12:35:31 a star burst of self-righteous thoughts I’m getting angry.

12:35:34 But you don't necessarily have to act on it and chase that person down the road screaming at them with your kids in the back of the car, thinking you've gone nuts now, might be thinking don't I

12:35:44 need to get angry sometimes. Aren't I justified I would say yes, but probably not as much as you think the proposition here.

12:35:54 Is not that be rendered by mindfulness into some lifeless non-judgmental blob?

12:36:01 The proposition is that you should learn how to respond wisely to things that happen to you rather than just reacting blindly, and that, my friends, is a superpower.

12:36:12 How do you get it? The way to get it is through meditation.

12:36:17 I believe that meditation and my mindfulness are the next big public health revolution in the 1940s

12:36:23 If you told somebody you were going running, they would have said who's chasing you.

12:36:27 But then what happened next? The scientists swooped in.

12:36:30 They showed that physical exercise is really good for you and now all of us do it. and if we don't we feel guilty about it, and that's where I think we're headed with mindfulness, and meditation

12:36:40 It's going to join the pantheon of no brainers like brushing her teeth eating well and taking the meds.

12:36:45 You, doctor prescribed for you. Let me just close by saying mindfulness is not going to solve all of your problems.

12:36:51 It's not going to render your life a non-stop parade of unicorns and rainbows.

12:36:58 Nonetheless, this is a superpower, and one that is accessible by you immediately

12:37:11 So that was a pretty short little video. But I think there was a lot packed in there and in the chat the Zoom chat.

12:37:19 Would you please what's that out for you

12:37:27 What resonated with you in that short little time

12:37:37 So if you can find the Zoom chat then it's a superpower, and you know I think one of the reasons my personal interpretation of why Mr.

12:37:49 Patrick feels that way. is that cause not everybody can do it.

12:37:54 Caitlin got to influence actions. Yeah, you guys are going really fast.

12:38:06 The idea that it will become more acceptable and that some of you like the fact that it was that he considers it a public health issue, and that's acting on your anger should happen less than you think he as normal as it could

12:38:23 be.

12:38:27 Some of us. it is There's nothing wrong with getting mad. And we should feel those feelings. and that's what mindfulness is all about is to say, I'm really ticked off right Now what am I gonna do about that how am

12:38:41 I gonna call myself back down so that I can do what I need to do, especially at work.

12:38:49 Chr. Crystal, You said that you kinda You were feeling a little accused about feeling guilty about not exercising.

12:38:58 I agree. very good. but it is important to remember that it's okay to feel angry. and it's okay to be sad.

12:39:12 And it's okay to be frustrated and you can notice those things.

12:39:17 And then identify opportunities to manage those feelings and behaviors in a healthy way, especially when you're at work, or, as one of you noticed, or pointed out those little scary to see him jump out of the

12:39:35 car and chase somebody down the street with these kids in the back seat.

12:39:41 So Yeah. So thanks for that. I think this I agree with

12:39:45 Mr. Patrick, and that this is something that I think we need to talk about.

12:39:50 More and more because of the physical implications that it has.

12:39:57 Those emotions have physical repercussions. If we don't manage them in a healthy way.

12:40:07 So one place to start with improving your self-compassion skills is to see where you are now.

12:40:16 And so Dr. Kristin Neff is an educational psychologist and a leading authority on self-compassion from the University of Texas, and she has a free online assessment that can help you do that I have dropped a

12:40:31 written version of that assessment in the chat for you.

12:40:37 But if you take it online, then it will automatically calculate the score for you.

12:40:43 And so if anybody's like me, I’m a social worker and math is not my thing.

12:40:49 If I can use a link to work that out for me then it's even better.

12:40:53 That's my own person as self-Care there but in addition to figuring out where you are now, and how self-compassionate you are. Dr.

12:41:04 Neff recommends some additional exercises that you can right.

12:41:09 One is that you can think about a time when a close friend has felt really bad about them themselves, or was really struggling in some way, and then thinking about how you did, or you would risk respond to your friend in those situations especially when you're

12:41:32 at your best, and then from there think about times when you feel bad about yourself.

12:41:45 You're struggling, and consider how you typically respond to yourself in those situations, and whether you notice a difference, and if you do know just a difference, why is that?

12:41:57 And what could you do differently? So one exercise is to treat yourself how you would treat a friend and I notice for me.

12:42:09 You know, I mentioned several times I’m a social worker so my instinct is to help, and it's gonna be okay.

12:42:16 And what can I do for you but if I’m struggling it's like, Wow, man, you really screwed that up.

12:42:22 I would never talk to my best friend like that so Why, is it that I'm talking to myself like that, and I have to have that conversation with myself all the time.

12:42:33 It's not something that just magically happens. so the second is to take a self-compassion break So that could be an example of a mindfulness practice.

12:42:45 So you can think of a situation in your life that is difficult, or causing you stress and feel the feeling of stress in your body, and then say something to yourself that acknowledges the feeling and something that acknowledges

12:42:59 that stress is a part of life of man.

12:43:04 This is what stress, feel, what feels like and I know that I'm not alone that other people here are feeling that way.

12:43:11 Then you can put your hands over your heart just like I did, and feel the warmth and gentle touch of your hands on your test.

12:43:20 And say something to yourself. That is what you wanna would want to hear from somebody expressing kindness in your time of need.

12:43:30 So. Well, we're gonna demonstrate this here in a little bit, but just take a chance going, man.

12:43:37 I'm just not good right Now it's gonna be Okay, you're gonna go through this. you get to have dinner with your family tonight.

12:43:47 Those kinds of things, other activities that you can try is to write a kind letter to yourself, and maybe you keep that somewhere on your desk, even if it's just a posted known in your desk or in a drawer at home and you take that

12:44:04 out when you're having a hard time and remind yourself of who you are, and that you're worthy of the work that you're doing, and of also worthy of feeling the feelings that you're having the next one is

12:44:22 changing critical self-talk and I talked about that just a little bit.

12:44:26 But that's something that really takes time and intention you could do that through journaling or just the inner dialogues you have.

12:44:35 But the first it may be hardest step is to notice when you're being self-critical, and a lot of us do it a lot of the time, and we don't even know we're doing it and or you know somebody will

12:44:46 say, man, that was really cool thing you didn't as nobody do or no, I could have done that better right some of us call that we can't take a complement right.

12:44:58 It's actually, maybe being a little self-critical because we feel like we're not worthy.

12:45:04 So first we gotta notice that it's happening, and then we gotta make an active effort to soften that self-critical voice and do that with compassion rather than judgment.

12:45:20 And then you can practice reframing those observations made by that inner critic in a more friendly and positive way.

12:45:26 And this is another place where it comes in handy to imagine what a friend might say in that same situation.

12:45:34 The last thing I wanna say here is a reminder that a lot of us are caregivers at work and at home, and we all need to recharge our batteries so that we have enough energy to share and I want

12:45:50 to recognize that there are some self-care strategies that you can't engage in when you're in the role of a caregiver.

12:46:00 You can't maybe do the bubble back in yoga while you're taking care of somebody else.

12:46:07 But using that self-compassion break, or that encouraging self-talk can be an opportunity for you to character for yourself.

12:46:17 At the same time as your caring for other people so I'm.

12:46:20 A caregiver for my mother, who is elderly and disabled.

12:46:24 And I some days that's more than I want to do, and so I have to have an active conversation of I wouldn't want to be in her position.

12:46:35 I'm doing the best I can here we're both trying to be better.

12:46:44 And I'm gonna really draw on my patients today, so finding ways to encourage yourself.

12:46:49 You got this. You both got it. we're gonna be okay Now I've talked a lot about how you as an individual can think about self-compassion, but it's important to recognize that everyone in your health department or

12:47:09 your organization, regardless of their role? Is it risk for compassion fatigue?

12:47:17 And and Mary that's a great question in the chat those messages that we get about .

12:47:25 Putting other people first really come to play when we're thinking about taking care of ourselves.

12:47:32 And we're okay with taking care of other people thanks for breaking, pointing that out, and that's true for everybody in your organization.

12:47:42 The messages that you give and receive about self-compassion and care can have a direct impact on your teams.

12:47:51 So at the organizational level, we also have to consider what kinds of messages are being sent to staff about self-care, and think about what's in place to support healthy practices.

12:48:06 So for those of you who might be leaders in your organizations, your administrators or directors or managers, or are a leader on your team.

12:48:18 I wanted to offer a few ideas for you to think about for the short term, and over time, and the first is acknowledging the circumstances.

12:48:31 When things are hard, your health departments have had A really is.

12:48:35 I am making an assumption, Have had a really hard couple of years, and Staff already know when things are tough.

12:48:43 But the pandemic was not the only time when things have been hard in your organization and staff know that, too.

12:48:50 So acknowledging when things are tough shows that it's important, and then it's worth talking about. One of you mentioned earlier about sweeping things under the rug.

12:49:02 If we sweep things under the rug as a leader, we are telling our staff that those are things that are not okay to talk about.

12:49:11 So choose not to acknowledge that stress that staff maybe, and are experiencing, can send a message to your team that they, aren't valued as employees or is people.

12:49:29 The next thing is to check in with your team we all know that there are lots of different ways to check in and the way in which you do that, whether it's through text or email or in person really isn't as important as the

12:49:44 message is when you're checking in so being authentic and genuine, when asking how somebody is is always going to be more successful, And for those of you who are supervisors, incorporating those check-ins into supervision

12:49:59 meetings, team launches, team meetings, or other activities, like just a coffee break or a walk.

12:50:07 They create a more authentic connection. it's also important for those of you who are supervisors to participate in that sharing, Because if you don't, it's gonna seem in authentic so, If you ask other

12:50:25 people on your team to share. You need to do that as well when things has an organization or tough.

12:50:35 That might be a perfect time to take advantage of your power and privilege as a manager.

12:50:39 So thinking about. How can you reduce the pressure or the labor burden that your team is feeling as they're dealing with those current experiences, and that may start with a team discussion about what you can and can't control about

12:50:54 the situation, and then it might look like maybe rearranging priorities, you know.

12:51:01 Is it helpful if we punt this deadline to next week?

12:51:06 Or what's the most important thing that we need to get done this week?

12:51:12 And what can we say for later to be more effective in making progress?

12:51:19 And another thing that you can do here, as a manager is, figure out how to allow for and encourage time for intentional self-care, and that can even look like incorporating those conversations into what We call a professional

12:51:38 self-care plan into your processes. Maybe that's part of your staff development process is to ask people what do they do for self-care at work?

12:51:51 So the focus is on at work. When you have that client who punches your buttons or you have a co-worker who punches your buttons.

12:52:02 How are you managing that? and what can I do as your supervisor, to help you fight, find ways to do that effectively?

12:52:10 And then, finally, leaders need to feel supported in order to provide authentic support to their teams.

12:52:20 So again, think about the messages that you send to your team If You're making an effort to take care of yourself, or you're not, but also to those of you who maybe aren't in those leadership.

12:52:36 Roles. We need to be better about giving permission to leaders to not have it all together, and to not have all the answers, because often that pressure we feel is managers is my staff is relying on me to know everything and

12:52:51 if the last 2 years have shown us anything is there's no way it can happen.

12:52:57 But as staff. we need to be intentional about sure that to our leaders and say we know that you're in it with us that you're doing the best that we can it's okay and that you don't know absolutely

12:53:08 everything about everything right now. So before I hand things back to Kathleen, I wanna take a moment and practice the strategy that I mentioned a little bit earlier.

12:53:23 So here I wanna I want to ask you to put your hands together and rub them very, very fast to account of 5

12:53:38 Get him good and warm, and then place your hands over your heart, and let that war think into your body as you quietly send something positive about yourself.

12:53:54 2 yourself. Maybe it's the meta practice some of you practice Yoga may know what that is.

12:54:03 May I be safe? May I be healthy? May I be happy?

12:54:09 May I be peaceful, Maybe it's a prayer or a wish for yourself.

12:54:21 Just breathe in that positivity, and breathe out any thoughts or feelings that no longer serve you.

12:54:32 So brave in that warmth and positivity, and breathe out those negative feelings, or any tension that you might be feeling.

12:54:48 One more breath.

12:54:55 So if you don't do it any other time you've at least gotten that in today.

12:55:00 Thank you for being willing to participate in that. Kathleen’s got some things to share with you before we go. but I want to thank all of you for taking time to be here today, and to fill your well with a little bit of

12:55:14 knowledge about self-compassion I also want to remind you that this session was for recorded, and Kathleen will talk more about the link in where that'll be posting our next session is going to

12:55:28 be on August. the fourth same bat time same back channel and we're going to talk a little bit more about what's called the compass wellness model that we brought up briefly in our first session and Then

12:55:42 we're going to talk about some opportunities for thinking about self-care a bit differently to help with incorporating strategies into your everyday practice at work.

12:55:53 The So I hope that we'll see you all then I wanna give Kathleen an opportunity to come back in here and share a little more information with you, and please, if you have questions throw those in the chat and i'll be glad

12:56:05 to address those before we go You're welcome Laurie, Hey, Kathleen?

12:56:17 Thanks, Vanessa. We wanted to thank you all for attending this session, and we really appreciate your time. next to Vanessa for being an amazing facilitator.

12:56:27 Another thing we would greatly appreciate is if you could fill out this quick evaluation.

12:56:34 Just so. You know your feedback how to make things better.

12:56:41 You're also increased to visit our website. to learn more about the initiative and subscribe to what we're doing, and we hope to see you at the next one.

12:56:53 Thank you, hey? Thanks, Everybody i'm gonna give you i'm gonna just hang out here and give you a few moments to take some time to fill out that evaluation.

12:57:03 Because I’d really love to know what you thought and I appreciate you sharing some of that in the chat.

12:57:08 I'm glad that it helps some of you become a little bit more aware of your thinking

12:57:19 Very good. If you have questions I’ll be here for a couple more minutes.

12:57:24 Please fill out the evaluation form. because that helps me make the future sessions better.

12:57:32 And Kathleen, dropped that link in the chat Kathleen, if you don't mind would do by and popping it in there again, Julie. Thanks for asking sometimes if we fill him out now

12:57:45 that's better, and we won't and then we won't forget to do it later.

12:57:50 But Kathleen will also be sending out kind of a follow up email.

12:57:53 You're welcome thanks for asking for those of you that are done filling out your evaluation, or you don't have any questions.