
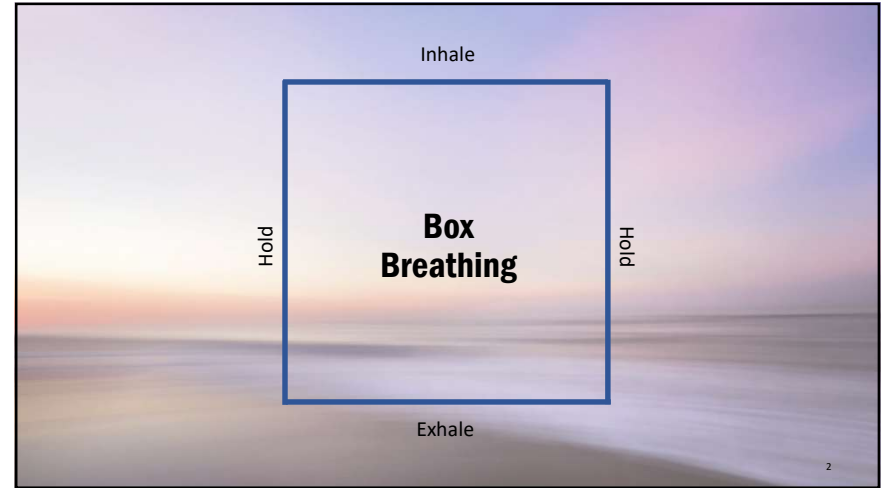


Professional Self-Care Series

- July 7 Burnout, Stress, Resilience, OH MY!
- July 21 **Practicing Self-Compassion**
- August 4 The Compass Wellness Model
- August 18 Reconnecting with Purpose
- September 1 Saying "No" to say "Yes" at Work

Inhale

Hold


Box Breathing

Hold

Exhale



2

Attitudes about self-compassion and self-care



3

How to participate in today's activities

Go to www.pollevo.com
Enter [kristinahelm253](#)

Scan QR Code with your cell phone camera

4

One word to describe an activity that you engaged in during the last week to improve your mood.

Start the presentation to see live content. For screen share software, share the entire screen. Get help at polllev.com/app

Compassion
The combination of the awareness of others' distress and the desire to alleviate it.

Self-Compassion
Extending kindness to ourselves in instances of perceived inadequacy, failure, or our own general distress.

Adapted from the work of Dr. Kristin Neff
<https://self-compassion.org/>

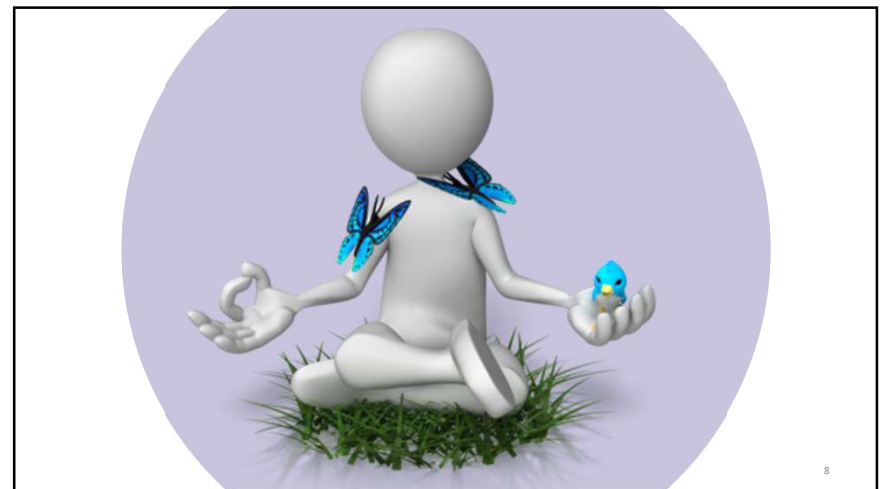
6

Self-compassion is NOT...

- Self-pity
- Self-indulgence
- Self-esteem

Adapted from the work of Dr. Kristin Neff
<https://self-compassion.org/>

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When you were growing up, what messages did you receive from your parents or other adults regarding self-care?

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How has your cultural upbringing influenced your philosophy around self-care?

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How do your childhood experiences affect the way you perceive other people's efforts to practice self-care?

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What messages are you passing on to the people around you related to practicing self-care?

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3 Elements of Self-Compassion

- Self-kindness vs. Self-judgement
- Common humanity vs. Isolation
- Mindfulness vs. Over-identification



Adapted from the work of Dr. Kristin Neff
<https://self-compassion.org/>

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Youtube: <https://www.youtube.com/watch?v=w6T02g1m1t4>

Strategies for Practicing Self-Compassion

- Test your self-compassion
<https://self-compassion.org/test-how-self-compassionate-you-are/>
- Treat yourself as you would treat a friend having a tough time
- Take a “self-compassion break”
- Write a kind letter to yourself from yourself or keep a daily journal
- Change critical self-talk
- Take care of the caregiver



Adapted from the work of Dr. Kristin Neff
<https://self-compassion.org/>

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Leadership Strategies to Promote Staff Resiliency

- Acknowledge that stress exists
- Check-in with your team and care for them as people
- Reduce and redistribute
- Seek support for yourself

16

