

Welcome to the life altering effects of mindful self compassion my name is Melanie Ordonez and I'm a registered nurse, certified health and wellness coach and a trainer for Magellan . I'm excited to share this topic as is the tools we using coaching. I am co-presenting with Allison Johnstone. Allison is a clinical social worker and she has over 30 years of clinical experience in various settings working with children and adults with a variety of mental health issues. She's a certified employee assistance professional and a substance abuse professional. Currently the pandemic and the civil unrest that is occurring is to be generating lots of emotions for all of us. Mixed emotions. Events are happening quickly and both of these situations have left us with many questions and not many, if any concrete answers. But these situations can be stressful. This means we're going to have to navigate through uncharted territory. Most us her concerns about things like what will happen next is? Or how are we going to handle things that come out of's. We've been flooded with lots of conflicting data and most of us are trying to figure out how to handle the current information. As history plays out, we may find ourselves being self-critical and wondering what should I have done differently or how might I better prepared as I go into this new normal. The technique we're going to talk about today is one of the tools that can help to ease those uneasy feelings and reduce stress. This is something you up into your coping schools skillsstoolbox. Today Alison is going to start by letting you know what mindful self compassion is. What is it? And why is it important? She will discuss the three basic elements of self compassion and some of the barriers we can run into we try to show compassion for ourselves. I'm going to return later to walk you through some practical techniques for developing mindful self compassion and I will share additional resources for you to continue on this journey. For now, I will turn the presentation over to Alison.

Thank you. Welcome everyone. Before we get into the meat of this I have a question to ask you. By razor hand, how many of you woke up this morning, got out of bed, and immediately checked your cell phone, email or just woke up with some sense of stress or anxiety? >> I can't even track how many. People are raising their hands.

Most people are raising their hands.

That is not at all surprising. Let's start with the basic definition of what mindfulness is. The American psychological Association has defined it as a moment to moment awareness of one's experience without judgment. In the sense mindfulness is a state in our trait. While it might be promoted by certain practices or activities such as meditation it is not equivalent or synonymous with more popular definitions of mindfulness. Comes from the founder of the mindfulness-based stress reduction program who advocate for mindfulness as a process of awareness for the present moment, and exploration of emotions and feelings without judgment. That will be the key in this approach as many of us judge intrusive thoughts as bad or undesirable and try to block the mail. Mindfulness gives us the ability to accept our painful thoughts and feelings in a balanced way. For most of us it's a healthier way to deal with stress and fear surrounding the pandemic, for instance, and other life events both good and bad. Mindfulness offers a way to turn towards our anxiety and fear so we don't become overwhelmed. Before we move on to talk about mindful self

compassion, I'd like to ask you question. Let's say a friend calls you to tell you how upset she or he is about a mistake they made. They are beating themselves up all over the place about the situation. How would you respond?

Again, just a reminder in the text box it's this type your answer. Make sure to click on the icon to the right to broadcast. Alison, it looks like we have answers starting to come in.

Give yourself some grace with love and understanding.

Don't be so hard on yourself. We all make mistakes's. Take a deep breath. Those are all answers that most of us would respond with.

The question is how would you respond if your friend beating herself up over something? How would you respond. The majority people say were going to respond with compassion. Were gonna give them comfort. Acknowledge what's happening.

Exactly. That's a very human trait. Thank you everyone for filling that out. >> Let's take a look at what mindful self compassion is. For most of us find it easy to demonstrate compassion for a friend or loved one when they are experiencing a tough time in life. When we experience difficulties ourselves we are less likely to apply the same compassion that we show others. We often become overly critical and judgmental, thinking destructive internal thoughts about who we are and how we ought to behave. Developing self compassion can help us in this area. What is self compassion? A great definition comes from Chris Kremer, cofounder of the mindful self compassion Center. Self compassion is the capacity to conference tumor cells and motivate ourselves with encouragement when we suffer or feel in adequate. Self compassion is learned in part by connecting with our compassion for others and self compassion helps grow and sustain our compassion for others. Self compassion isn't to be confused with self-indulgence. This perception is why people are hesitant to practice this technique. Self-indulgence and tends to be shortsighted. We do something it feels good in the short term has negative long-term consequences. Possibly for health, finances or career. Self compassion is the opposite. It involves turning towards what you're experiencing with care to help. Next we will explore how mindfulness and self compassion different and how they're intertwined with each other. Some compassion is about supporting your own emotional development and acceptance by beginning to treat yourself and talked yourself with the same kindness, caring and compassion you show good friend or loved one. Connecting with the suffering of others and help heal others your own suffering can do the same for you. Mindfulness requires us to pay attention to any experience or motion whether it's positive, negative, or neutral with acceptance and without attaching preconceived notions or judgment. Self compassion is surely more focused on developing an understanding acceptance obsolete negative experiences or emotions. Mindfulness is about using mindfulness in a more targeted way. Support emotional development with overcoming feelings as personal suffering or insecurity. Mindful self compassion takes put these ideas and combines them. Were using the sense of awareness and presence developed with mindfulness and

supporting our emotional development. Now let's look at why is this mindful self compassion so important. Self compassion can be a powerful tool to build emotional resilience. Especially during the current events. We need to take the time to care for our emotional well-being. In fact, studies on self compassion show a range of benefits, including better acceptance for negative experience and the ability to move past difficult emotions, lower levels of anxiety and depression. Also, individuals with a higher sense of self compassion were found have decreased levels of the stress hormone cortisol which is associated with a greater ability to gain emotional control and self soothe when stressed. Researchers found that individuals with a higher sense of self compassion had improved relationship functioning and reported higher tendencies, all truism and forgiveness for others in their close relationships. It's also been found that mindfulness impacts our personal relationships, in that participants who practice mindfulness regularly reported higher relationship satisfaction, feeling closer to her partner and overall healthier relationship management. Mindfulness has been identified as a crucial way to improve compassion for others and the self. It's also been identified as having the positive benefits for emotional, mental, and physical health. It can also reduce from rumination. The rumination is repetitively going over the causes, situational factors, and consequences of one's negative experience. Many people are experiencing this during these uncertain times. In the context of self compassion, mindfulness can help build awareness of negative or painful experiences, emotions, or thoughts in ways that allow self acceptance without dwelling on thought's. Next we are going to break this part to three basic elements of self compassion. The first one is called self kindness versus self judgment. What the researchers have found is that self judgment increases cortisol. Cortisol is at the heart of stress and anxiety. We often find ourselves saying things herself he would say to other people. A lot of are stress, anxiety, and suffering is at our own hands. On the other hand, self compassion entails being warm and understanding towards ourselves when we suffer, fail, or feel inadequate rather than ignoring our paint or building ourselves up's criticism. The second element is common humanity versus isolation. Often we feel isolated and cut off from each other, focusing on our struggles and failures, and feeling that it's only me who is having a tough time. We think somehow were abnormal. Something's gone wrong and we forget falling flat on her face is normal. The sort of tunnel vision makes us feel alone and isolated, making the suffering even worse. However, common humanity is understanding that suffering and stress is a normal part of the human process. Everyone has problems and issues. It's common across all walks of life. We acknowledge the normal see and recognize that we all share a universal condition. The third element is self compassion is mindfulness versus over identification. Mindfulness is becoming aware that we are suffering. We first must recognize the suffering so we can turn towards the painful feelings and address them. However, mindfulness of our thoughts and feelings doesn't mean we become engulfed in them or get caught up and swept away by them. Rather than over identifying which is confusing the negative thoughts about ourselves with who we are we can identify and recognize our thoughts and feelings are just that. Thoughts and feelings. Helping us hold our belief in the storyline of our inadequate, worthless selves. >> We are going to look at some barriers to mindfulness self compassion. I'm going to ask for a raise of hands on this. How many of

you consider yourselves to be perfectionist with high expectations of yourself and others in outcomes? How many of you would criticize yourselves when mistakes are made or plans fall through? >> We have lots of hands raised. I can't begin to count them. This is something that people are relating to.

Exactly. Were going to look at some the barriers that get in the way we're trying to be compassionate towards ourselves and use this mindful self compassion. The first one as we saw is that we often tend to be perfectionist. Sometimes we have trouble going with the flow when things don't go right, will have a clear path revision. Rather than looking for help you attack ourselves because things aren't going as planned we don't feel like we are good enough. This perfectionism often feels pressured nation and fear of failure prevents us from making necessary changes in our life's. When things don't go our way rather than learning from the mistakes and adjusting sometimes we find ourselves saying if I just tried harder I could've done something different. If I would plan ahead it would turn out differently. We use self-criticism to protect us from being criticized. We believe if we beat ourselves up first we will beat others to the punch. However, self-criticism undermines motivation. It generates a fight or flight syndrome. Instead of inspiring us narrows our vision and set us down. It is not helpful because no matter how successful we are or how much we achieve we will still lack self acceptance and be plagued by brutal negative self talk. Now, if you could bring up cross a poll question. >> The poll question is, I have a regular, consistent self-care or mindfulness practice? Click on the radio button. You are not going to see it broadcast. We will tell you the results in a moment. We can give people a chance to answer a quick. It looks like were sticking around 70/30. 70 percent don't, 30 percent do. Thank you everyone for answering that. >> Often times what happens, but I've heard from people and so forth is that a big barrier to developing a mindfulness practice is that for a lot of people they think they don't have time to do it or maybe it's not to be easy to do. Can be difficult and complicated. I'm going to challenge it a little bit. If you find yourself scrolling through your email messages, your social media, going through Facebook, twitter and having time to do that than my challenge is to have time to do a mindfulness practice. In addition, it certainly does not have to be a long complicated practice. Start developing a mindful self compassion practice. You must explore and understand barriers that prevent you from feeling compassion toward yourself. The biggest barrier can be her own negative thoughts or emotions which are often ingrained and difficult but not impossible to overcome. To build a solid practice takes time and requires a lot of compassion. One way to do this is to reflect on the core, usually negative beliefs, that you currently hold about yourself. Write them down and then ask yourself these questions. How I feel about these? When did I first start believing these thoughts? The next step of your journey is to develop an awareness for your triggers. When negative self beliefs arise, try to pinpoint what caused them. Where were you? Who were you with? What was said? The point of this exercise is not to a learn to avoid triggers but develop a greater understanding of what they are. There's a few questions you can ask yourself. What do I believe about myself? How would I look if I didn't have these beliefs? If you are serious about building a mindfulness self

compassion practice I'd encourage you to take the time to explore those questions. Also, you can incorporate a daily mindfulness practice, specifically focused on or around your triggers. Explore your internal thoughts. How would you prefer to think or feel these moments? What phrases can help transform your emotional reactions to those triggers? Be sure to write them down so you can refer back to them when you have the triggers. You can also explore difficult thoughts or emotions. Similar to how you wrote your core beliefs when they arrive. Bring your mind back to these questions. Build your awareness and understanding of judgments or negative thoughts by attaching them to their origin. Embrace what you've been avoiding. Often we avoid or try to remove negative triggers from our lives. Identify how or when you might be doing this accept this as part of who you are. It's a self-preservation tactic. Allow yourself space to acknowledge and accept what you been avoiding. Be your own best friends. When you feel negative thoughts about yourself or judgments about yourself and they will start to rise, ask yourself how you would respond to a best friend that felt that way. Would you be cruel and critical or would you be kind and compassionate? Right now I'm going to turn the presentation back over to Melanie so you can practice some of these exercises. >> Thanks so much. Alison went through and talk to you about what mindful self compassion is and she explored with you the steps you will need to take. I want to give you time to put this in action. Really do this. This is the time I'm going to ask you to write a few things down. Open word documents or grab piece of paper. Have something available and ready. To walk you through some simple exercises that are adapted from self compassion expert Doctor Kristin Neff. At the end of activities I will tell you exactly where you can find them. Don't worry about writing down the steps to this. I'm going to show you where you can find these activities and more at the end. Just hold tight on that one. Try to be present in the activity as we go through it. Alison talked up your own best friend. Our first activity is how would you treat a friend? We have been talking a lot about how it's so much easier to give our friends and loved ones compassion, love, and understanding. Even when they fail or make mistakes. This activity can help us understand compassion for ourselves when we get into trouble and make the state's and were not happy with ourselves. It can help us understand the discrepancies and how we treat ourselves versus how we treat others. What I like about this exercise is it something that can be done quickly. When these thoughts come about you can immediately use this exercise. Before we begin I want to point out someone ask, where do you draw the line between self judgment and self accountability? Sometimes we have these thoughts were thinking to ourselves, maybe we need to say these things to ourselves so we can move forward. I want to remember as were thinking about itself, think about criticism versus constructive criticism. Criticism is harsh. Constructive criticism is there to help us grow and learn. As we look at what was think of ourselves were acknowledging that we have these thoughts or going through these events and we're not saying is staying them. We are just thing we are acknowledging them. Were not thing use this to get stuck, were saying to use this as a way to acknowledge and move forward.

I want to start out by imagining a close friend is mostly being herself up. Maybe she feels bad about struggling with the relationship. That could be a conflict. Maybe she says something to someone that she regrets

now. Were having difficulty parenting a child. Specially on public. Or maybe there was a breakup. Any kind of relationship problem. You know they are struggling because you've seen social media post and it sounds like this person is beating themselves up. When you talk to her you can hear her sing things like I'm stupid, I can't believe it happens. I can't do anything right. I'm not good enough. This is all my fault. You hear those types of statements coming from your friends. How would you respond your friend or loved one in the situation? Think that in your mind. What would you say to them? You all did a good job earlier at making some the statements. I was really impressed with the fact that a lot of you said listen to that person. Someone said a comment about what would help you let go? Open up that conversation. I know all of you could be compassionate. Now I would you put yourself in that situation. You have a relationship issue. Maybe you said something to coworker you regret or two loved one. You are beating yourself up. What kind of things you say to yourself after that? How do you deal with it? Did you notice a difference? Not can ask you to delve in to think about why there's a difference but I do ask you to explore that as you walk through this journey. If this is something that's painful I'll let you know it's important to reach out and get help. Will talk more about that a bit. Some things you can think about is factors are fears that come into play that lead you to treat yourself differently than you treat others when you're hurting. Now I'd like you to do is write down some ideas about how things might change in times of suffering. If you respond yourself in the same way you respond to close friend. I'm going to pull up poll question appear. I will read it and you can respond back and give us some ideas. Share what changes you expect to see in your thoughts and feelings if you treat yourself as you would a close friend or loved one. Type your response process type your answer here. Then click on the call out icon to the right. I'm already seeing some great answers here.

We're getting a lot of good answers about people feeling less stressed, less anxious. >> Talking about less rumination we talked about that earlier unless judgment.

Considering possible solutions is good instead of looking at estate's. >> It's not that we don't hold ourselves accountable. We look at it and find ways to move through it. Lots of people talk about being less stressed and be more relaxed. I hear people talking about grace.

[Indiscernible -- low volume]

Great answers. Thank you all for answering that. We can see that we would have a different result if we respond in a different way. Using compassion toward yourselves. And take you through our second activity. Another really good exercise to improve your understanding is the self compassion. This is wonderful because it literally takes only a few minutes but it can make a huge difference. What I'd like you to do is think back to a situation in your life is causing stress or discomfort. I want to give this caveat. This should not be anything that causes you extreme distress. We recognize people have gone through trauma. This is not the place to deal with that. You need to deal with that more directly with a professional such as a counselor. It's so important to deal with it. It's hard to give self compassion when we are in that place. Again,

if this brings you any distress I don't want you to think about this types of things. I'm talking about something you have happen on regular basis. I'll give you an example. I am naturally an introverted person. I have had to work on my social skills to talk to people. Here I am doing this job talking to all today. What I find myself is that if I'm in a meeting somewhere I want to say something I tend to criticize myself and tell myself it will be helpful or useful. If I do say it I can criticize myself and say it wasn't helpful. That would be a situation where I could use more self compassion. Maybe it's speaking for others. Maybe it's a job task. I've been new a job and when I'm trying to do it there's a lot of feelings. I know what I'm doing, I don't have do this. Repairing. Relationships in general we all have struggles with that. Think about the situation. What you think about emotionally and physically. Get in touch with those associated feelings. For instance, it could be embarrassment, inadequacy, sometimes it's regret. We might physically get flush interface. Have our heart racing. Just take a few moments. I'll be silent here for a few seconds. I will allow you to write down the feelings you have. >> Okay. Of the of the few things written down. Before we move on I want you to rate how much self compassion you currently feel towards the situation. On a scale of 1 to 10 with 10 being very little self compassion. And 10 being very self compassionate. How much compassion are you currently feeling about the situation. Write that number on your paper so you have it handy. I will refer back to it. One is the least 10 is the most. Now that you're aware of the feelings I'm going to give you a chance to show yourself compassion by repeating some phrases. I've two phrases I'm going to start with. I'm going to repeat them twice. Each time I say them want you to repeat them after meeting. If you are home alone today, feel free to say out loud. It's great to hear ourselves speak something out loud. If you're in the middle someplace just say it in your mind. Let's say these phrases. This hurts. This is a moment of suffering. This hurts, this is a moment of suffering. Doing this activates mindfulness. A nonjudgmental acknowledgment of your feelings. We are in a situation and with experience a situation where it's not comfortable. There some suffering. What we want to do next is acknowledge suffering is a common experience that all here human beings have. We share freezes with you again. I would like you to repeat them after me. I will go through them twice. Suffering is a part of life, we all suck struggle from time to time. >> It's normal to feel anguish about the situation.

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Saying this helps us realize that we have this in common with all other human beings on the planet. Suffering is just a part of life. Another option we can do as we say these phrases is what is called soothing touch. What I mean is if you find a way to comfort yourself. Lots of people like that there handled the heart. It represents our feelings and where they come from. Other people like to do things like put a hand on your forearm. Like you do if you're talking to someone and comforting them. It's a way of showing support. It can be holding your hands together. Holding hands or put your arms around yourself. Give yourself a hug. All these are ways you can show compassion toward yourself in a physical sense. When you're doing the soothing touch you can do this in a

way that you can do anywhere. You can put your hand on top your forearm without anyone knowing your show yourself compassion. Think about a way that would be comfortable for you and comforting. What you try this out. We tried several different ways. Just put your hand together or put your hand on your form. If you're comfortable putting it over your heart, whatever it is. To give you some more phrases to repeat. Other people feel this way. I am not alone. We all struggle in our lives. Other people feel this way. I am not alone. We all struggle in our lives. You can try think some kind of statements yourself such as may I be kind to myself? May I forgive myself? May I be patient. May I be kind to myself. May I forgive myself. May I be patient. I'm going to time you. I'm going to give you one minute to write down as many self compassion phrases you can think of for if you have trouble thinking phrases figure how you would respond to your friend or loved one. If you want to phrases take the remainder of the time to repeat your phrases yourself. Go ahead and start now and I will tell you done. And ask you to stop. I want to point out that great relief can come from affirming you are experiencing suffering. Or experiencing a difficult part of life. It is just natural. Stating your intention to be kind, patient, or accepting of yourself can be really helpful. Like you to think that to the skill I had you do earlier where you rated how much compassion you felt on the 1 to 10 scale. One being released and 10 being the most. We rate yourself and write down where you're at at this moment. I'd like to ask you if yourself compassion went up at all from doing this activity. These razor hand. I'd like to see the instant response to that. Alison, we have lots of raised hands.

Well.

That's powerful. That's great to know. Thank you all for walking through those activities with me. I promise you I'll give you information on how to get these at MDC you can continue to practice and I am fulfilling that right now. On your screen are the exercises. To find these exercise we did and other hopeful exercises you can go to the mindful self compassion website by Doctor Christopher and Doctor Kristin Neff. It's the center for mindful self compassion. And Doctor Neff's website of compassion.org. These titles on here are active link's. Hover on them and click on them they will open up and you can bookmark these sites so you can find them later. Also, if you've done the handout in electronic format can click on the link to the site. Also, they're easy to find. If you put this information in a browser you will easily find Doctor Neff and Doctor Gerber information. They are experts in this field. They are very trusted and you can find that information. What I'd like to do today is and with the quote. When asked how often one should practice self compassion and self kindness here's what he had to say. It does not matter whether you do a particular sitting meditation or practice every day activities. As long as you keep the flame burning. You practice self kindness regularly so that one day when your heart breaks the kindness will flow naturally. That's exactly when needed the most. At that moment you don't have anything else to do. Yourself compassion is already present and so is your pain. With that said, I want to ask you how we put this into action. I want to go over a poll question. Please share with us your takeaways. What will you do moving forward to show yourself compassion. Just writing

this out and putting it on the poll question is more likely you are going to do it. I commend you for taking time to do that. People say things like give myself grace, practice this daily. I'm gonna teach us to my client. Not being so hard on myself. Aren't those good.

There's a really good. Forgive myself, I'm human. I'm going to try to be kinder to myself. Those are awesome responses.

What I found was coaching is that when people did not hit the mark with the goals they had a lot of self-criticism. That didn't help them move forward. I was there to help them with accountability peace and we would figure out ways to help people get out of that spending circle of self-criticism and acknowledge that they had a moment of suffering so they could move forward. People are giving us great ideas. They're going to use these tools and that's very exciting to me. I want to remind all of you that another option is your EAP services. During these unprecedented times were going to go through struggles to some degree or another. Your EAP program is here to help you, your family members, in your household members. We can help you become aware of how you're doing. Sometimes you don't realize when you're distressed that were going through it. You have to talk out some. We can also help you to find areas of life you may want to change and help you make those changes. We are a community of experts to confidentially support you and provide perks and digital resources to help you with your worklife juggle, and all this is to encourage you to live your best life. Using these benefits is really crucial right now if you're dealing with any type of distress. I would say today, you're getting off this call and feeling stress call your toll-free number. Reach out. Get on the website. You don't have to walk through this alone. There are a variety of platforms available including in person, phone, web-based, coaching and counseling to get the services you need. You can contact your EAP day or night, 365 days a year by calling your toll-free number or visiting us on the web. If you don't know your company's specific number or website please reach out to your human resources department. That is where you will get that information. I want to thank everyone for attending. It looks like we have time for maybe a couple of questions from

I want to ask one question here. Somebody's talking about not having enough time. What do you do when you don't have any time to breeze? I'm lucky 55 minutes to take a break much less find a quiet place. Give any tips for that

As we learned earlier practices don't have to be lengthy. Five minutes is remarkably effective. You have to set some boundaries whether it's going in the room, closing the door, letting people know you need a few minutes alone or somewhere. Somewhere outside is always great. That can be refreshing. It's something you can do. Some people find it helpful to do first thing in the morning before everything starts getting going. Or sometimes right before bed is a good time. >> Thank you. I do want to acknowledge a comment here. Someone said this reminded me that a long time ago I created a simple song for myself. I will sing it. I am strong. I'm happy, I am whole, I'm good. It's super simple and I can sing it to

myself. With a warmer time. I'm strong, I'm happy, am whole, I am good.
>> Thank you for sharing that.

We may have time for one quick question. I just want to ask, is one practice more effective than others? Something better than others.

The great thing about self compassion is it's not a one-size-fits-all approach. It's going to be different for everyone what works. People think meditation is a practice. There's other practices. They are all positive affirmations. Something positive affirmations can be a practice is not something does sometimes it's a case of trial and error. You don't want to do a meditation and decide after the first few times it is an effective and working. You have to try different techniques until you find something that works for you but you have to give it time, say over and over, to make a decision if that's the right practice. >> Good point. For myself as I practice these techniques I have to continually practice and if I don't what I noticed is my [Indiscernible] starts coming in and then I can go through that cycle of being harsh on myself. It's important that you continually practice this on regular basis and find what works for you. We do have people mentioning that they find it hard to do this and hard to figure out how do you move yourself forward it still have compassion for yourself. If you struggle with that EAP is a great place to call. Counseling or coaching can be a great option for that.

Absolutely.

It looks like we're out of time. I'm gonna pull up the closing poll question. Thank you for taking your time to be with us. Please go ahead and answer that pulls closing poll question. Click the radio button next response. You will not see it broadcast. It says please rate your overall satisfaction for today's webinar. Very satisfied, satisfied, dissatisfied or very dissatisfied. Also, the certificate of completion is now available in the pot on your screen. Click on the certification to highlight it and be sure to click on that download files button to open up that browser window and follow the steps to download the handout. I want to thank everyone for attending today. I encourage you to keep the self compassion journey. I wish you the best. >> This does and our webinar. Thank you for attending. [event concluded] [Event Concluded]