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Weekly Topics:

- Week 1: What is Self-Compassion? Definition (tender and fierce), Physiology, and Practice of Self-Compassion
- Week 2: Practicing Self-Compassion: Self-Compassion with Mindfulness
- Week 3: Burnout: Self-Compassion for Caregiver Fatigue
- Week 4: Discovering your Compassionate Voice: Motivating Ourselves with Fierce Self-Compassion
- Week 5: Self-Compassion and Resilience : Working with Difficult Emotions
- Week 6: Making it Count: Reconnecting to Core Values



Participant Agreements

- Confidentiality
- Leave cameras on
- Mute phone or pager
- Avoid multitasking
- Comments based on experience
- Full presence (listening, speaking, non-judgmentally)
- Respecting differences
- Giving space for people who may not want to speak
- Take responsibility for your sense of safety
- Advice only when asked
- What's important to you?



Session 1 - What is Self-Compassion? Definition, Physiology, and Practice of Self-Compassion

- How Do I Treat a Friend?
- Definition of Self-Compassion
- Physiology of Self-Compassion
- Supportive Touch
- Self-Compassion Break
- Self-Compassion Behaviors in Daily Life



Breakout Rooms - Intros & How I Treat a Friend? (Groups of 4, 2 min each)

- Participant with first name closest to A starts and calls on the next speaker
- Introduce yourself:
 - Name
 - Why am I here?
 - How I treat a friend vs how I treat myself?
 - Open listening, non-judgment, confidentiality



Key Components of Self-Compassion (Gentle and Fierce)

1. **Mindfulness** - Awareness of present moment with curiosity, non-judgment and Clarity
2. **Common Humanity** - Understanding we all struggle, I'm not alone, connected and Empowered
3. **Self-Kindness** - Treating ourselves with support and encouragement, Courage and Protection.



Multi-faceted Self-compassion (Gentle and Fierce)



Self-Compassion Contrasts



Physiology of Self-Compassion

Stress Response	Stress Response: Turned Inward	Self-Compassion Response
Fight	Self-Criticism	Self-Kindness
Flight	Isolation	Common Humanity
Freeze	Rumination	Mindfulness

(Arch et al., 2014; Friis et al., 2016; Gilbert, 2009; Petrocchi et al., 2016)



Center for Mindful Self-Compassion

Session 1: Summary

- Mindful Self Compassion- *multifaceted*
 - Tenderness and Caring- 1. Mindfulness 2. Common Humanity 3. Self-Kindness
 - Protection or Fierceness-1. Clarity. 2. Empowerment 3. Courage
- Physiology of self-criticism & self-compassion: Activating caregiving system
- Supportive Touch Practice
- Self-Compassion Break
 1. Mindfulness - “This is a difficult moment”
 2. Common Humanity - “I’m not the only one”
 3. Self-Kindness - “May I be kind to myself”, “I’ve got you”



Session 1: Key Practices

- Can you be a *friend* to yourself this week?
- Supportive Touch in the moment
- Self-Compassion Break in the moment
 - 1) Mindfulness
 - 2) Common Humanity
 - 3) Self-Kindness
- Report back: self-compassionate *behaviors, attitudes*



The Journey

by Mary Oliver

One day you finally knew
what you had to do, and began,
though the voices around you
kept shouting
their bad advice –
though the whole house
began to tremble
and you felt the old tug
at your ankles.
‘Mend my life!’
each voice cried.
But you didn’t stop.
You knew what you had to do,
though the wind pried
with its stiff fingers
at the very foundations,
though their melancholy
was terrible.
It was already late
enough, and a wild night,
and the road full of fallen
branches and stones.
But little by little,
as you left their voices behind,
the stars began to burn
through the sheets of clouds,
and there was a new voice
which you slowly
recognised as your own,
that kept you company
as you strode deeper and deeper
into the world,
determined to do
the only thing you could do –
determined to save
the only life you could save.

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