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All relevant financial relationships have been mitigated

The logo for UW Medicine is contained within a white circle on a blue background. It features the text "UW Medicine" in a serif font, with a horizontal line underneath. Below the line, the words "UW SCHOOL OF MEDICINE" are written in a smaller, sans-serif font, also with a horizontal line underneath.

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Self-Compassion Break - 5 min

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 your back”

Session 2 - Practicing Self-Compassion with Mindfulness

- Practice: The Self-Compassion Break
- Misgivings/Misconceptions of Self-Compassion & Research
- Practicing mindfulness
 - 3-Center Check-in
 - The STOP Practice
 - Soles of the Feet
- How to manage “Backdraft”



Research: Self-Compassion Linked to Well-Being

- **Reduced:** Anxiety, stress, depression, perfectionism, shame, burnout
- **Increased:** Life satisfaction, optimism, physical health

(Friis et al., 2015; Hall et al., 2013; Neff et al., 2007; Neff et al., 2020; Johnson & O'Brien, 2013; Zessin et al., 2015).
<https://self-compassion.org/the-research/>



Research Counters Common Misgivings of SC

Belief it's weak:

- More strength and resilience in challenging circumstances

Belief it will undermine motivation:

- Reduces fear of failure, performance anxiety, promotes learning goals

Belief it's selfish:

- Less self-focus and more giving relationship behavior

Belief it's self-indulgent:

- Healthier behaviors: diet, exercise, safe sex, doctor visits, etc.

Arch et al., 2015; Friis et al., 2016; Gilbert et al., 2009; Gilbert et al., 2011; Petrocchi et al., 2016; Stellar et al., 2014
<https://self-compassion.org/the-research/>



Would an online continuing medical education program on Self Compassion improve burnout and related outcomes?

Reduced

- Burnout levels
- Secondary traumatic stress

Increased

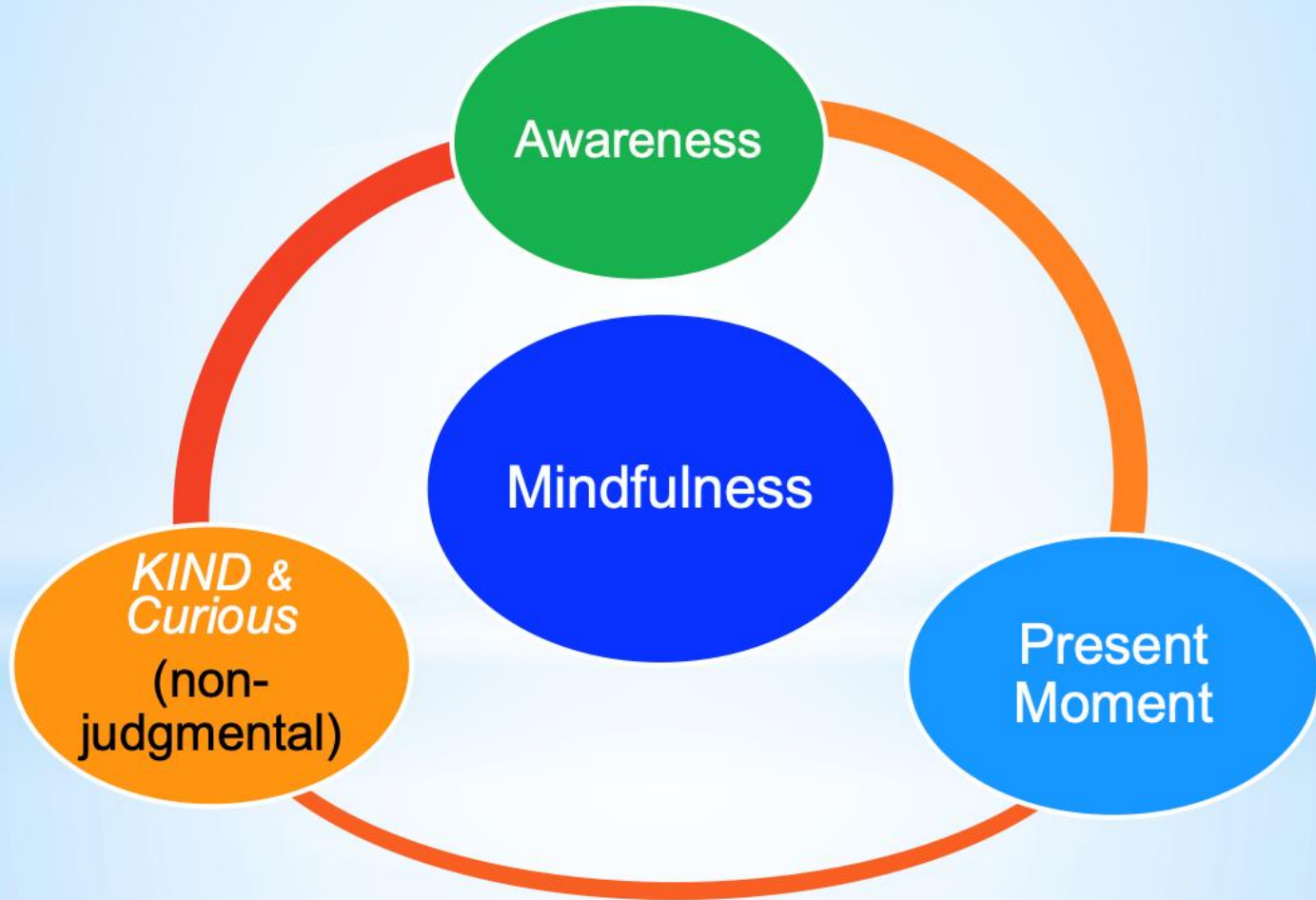
- Compassion and Self-compassion
- Resilience
- Job Satisfaction

Breakout Rooms (8 min)

- How are you practicing self-compassion?
- Practical Applications
 - Could you practice **Supportive Touch** or the **SC Break** this week?
 - Could you be a **friend** to yourself this week?
 - What **self-compassionate behaviors** do you engage in?
- Groups of 4, 2 minutes each person



What is Mindfulness?



Mindful Pause

(STOP Practice)

S – Stop what you're doing

T – Take 2-3 deeper breaths

O – Observe - aware of what is happening in your body, emotions, thoughts, what's around you

P – Proceed - with presence



Backdraft

- Difficult emotions that may arise when we give ourselves kindness and compassion
- Manage stress by “opening and closing”:
 - Name strongest emotion
 - Spaciousness and allowing
 - “Soles of the feet” or “breath awareness”
 - Self-compassion behavior - nature walk, call friend, sleep...

(Gilbert et al., 2011)



Session 2: Summary

- Research and Common Misgivings of SC
- Mindfulness Practices
 - STOP Practice
 - 3-Center Check in
 - Soles of the Feet
- Backdraft - difficult emotions that may surface
 - Practice awareness and self-kindness



Session 2: Key Practices

- Be aware of *personal misgivings* of self-compassion
- Mindfulness
 - STOP Practice (Pause)
 - 3-Center Check-in
 - Soles of the Feet
 - Mindfulness of daily activities
- Continue Self-Compassion Break

Session 3: Self-Compassion for Burnout and Caregiver Fatigue



Learning to Pause by Gunilla Norris (Excerpt)

We can start by giving ourselves
Just a tiny, small margin.

Without it being any more than simply
stopping
We can pause all through the day to feel
Ourselves in time and space.
This allows us to be located.

These little stops bring something of
ourselves
Back to the whole
The way a bee brings nectar to its hive.

When we learn to do this many times a day—
Before getting out of bed, before meals,
before leaving for work,
before turning on a light or shutting it—
The pauses add up

We are expressing a little pressure of the will
Over time the habit of recollection leads us
back to the center,
to stillness and listening

There we can begin to find
A new center from which to live

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