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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 (brief)

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 can set boundaries”

- ***How are you practicing self-compassion?***
  - Motivating yourself with compassionate phrases
  - Writing a Compassionate note to self
  - Previous practices:
    - ✓ Self Compassion Break, Supportive Touch,
    - ✓ Mindfulness (STOP/Pause)
    - ✓ Equanimity Phrases, Breathing Compassion in-and-out
  - Was it helpful or challenging?



# Session 5: Resilience - Strategies for Meeting Difficult Emotions

- Strategies for working with difficult emotions
- Practices for working with difficult emotions



# Strategies for Meeting Difficult Emotions

- Labeling Emotions
- Mindfulness of Emotion in the Body
- Acknowledge, Soften, Support

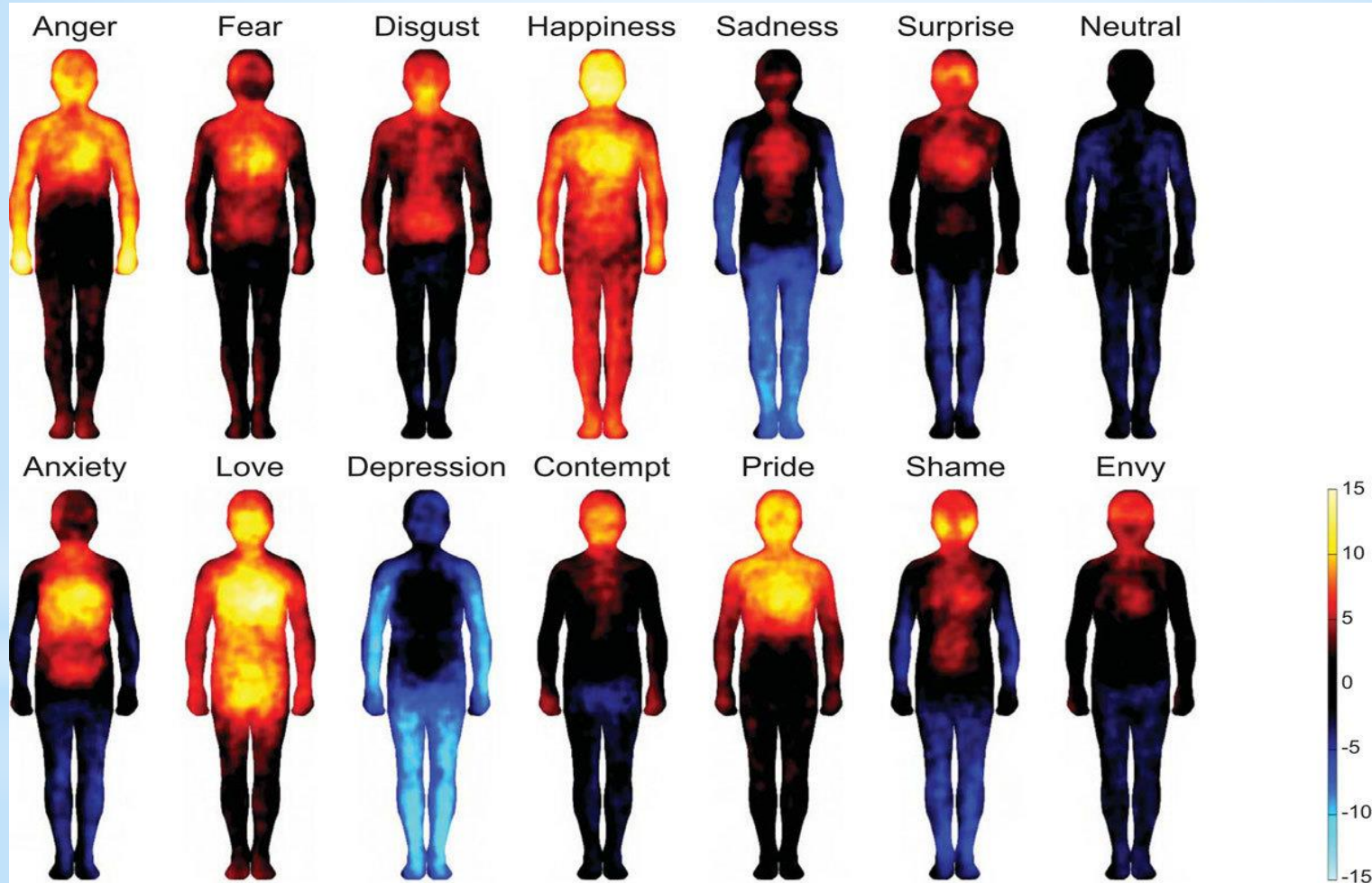
(Creswell et al., 2007)



# An Example - Wheel of Emotion



## Bodily Maps of Emotions



Nummenmaa L -Proceedings of the National Academy of Sciences (2014)

# Breakout Rooms (9 min)

- Please share your experience:
  - What did you notice when you labeled an emotion?
  - Could you find the emotion in your body?
  - What happened with Allow, Soften, Support?
- ~ 2-3 minutes each



# Session 5: Key Practices

- Labeling Emotions
- Mindfulness of Emotion in the Body
- Acknowledge, Soften, Support

***Last Session: Reconnecting to Core Values***



# Allow

## by Danna Faulds

There is no controlling life.  
Try corralling a lightning bolt,  
containing a tornado. Dam a  
stream and it will create a new  
channel. Resist, and the tide  
will sweep you off your feet.  
Allow, and grace will carry  
you to higher ground. The only  
safety lies in letting it all in –  
the wild and the weak; fear,  
fantasies, failures and success.  
When loss rips off the doors of  
the heart, or sadness veils your  
vision with despair, practice  
becomes simply bearing the truth.  
In the choice to let go of your  
known way of being, the whole  
world is revealed to your new eyes.

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