

# CAREGIVER DISCOVERY SERIES

## PART I The Journey to Self-Compassion

Thursday, Oct. 28, Nov. 4 & 18  
6 to 8 p.m. | online

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**YOUR SESSION WILL BEGIN SHORTLY**



# The Journey to Self-Compassion

## THREE-WEEK OUTLINE

Week 1: Fundamentals of Self - Compassion

Week 2: Caring for Others – *Without Losing Ourselves*

Week 3: Self-Love – *Beyond Worthy*

WEEK 1: OCT. 28, 2021

# Fundamentals of Self-Compassion

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# 3 Elements of Self-Compassion

**Self-kindness  
vs.  
self-judgement**

**Common humanity  
vs.  
isolation**

**Mindfulness  
vs.  
over-identification**



# Compassion vs. Self-Compassion

## What is Compassion?

Compassion is being able to recognize the suffering of others and then take action to help. Compassion demonstrates a real expression of love for those who are suffering.

## What is Self-Compassion?

Self-compassion involves acting the same way towards yourself when you are having a difficult time, fail, or notice something you don't like about yourself. Instead of just ignoring your pain with a "stiff upper lip" mentality, you stop to tell yourself "this is really difficult right now," how can I comfort and care for myself in this moment?

## What Self - Compassion is Not

- It is not selfish.
- It is not pity.
- It will not make you lazy.
- It does not make you weak.
- It should not be confused with self-esteem.

## GESTURES OF SELF-COMPASSION

### Instructions:

You are going to be making a series of gestures that will help you feel the various expressions of self-compassion in your body. To start, it is important to explore what the lack of self-compassion feels like:

Next, we will explore what tender self-compassion feels like:



# Benefits of Self-Compassion

People who are more self-compassionate experience greater well-being:

Less

Depression

Anxiety

Stress

Shame

More

Happiness

Life Satisfaction

Self-Confidence

Physical Health





# Self-kindness vs. self-judgement

## EXERCISE 1: TEST YOUR LEVEL OF SELF-COMPASSION

### Handout

#### Poll: How many scored...

- 2.75 to 3.25 (average)
- Below 2.75 (low)
- Above 3.25 (high)

### Group Discussion:

Was anyone surprised by the results of their self-compassion test?







## INNER CRITIC

Instead of letting our self-critic relentlessly judge and criticize ourselves for our various inadequacies or shortcomings, self-compassion means we are kind and understanding when confronted with personal failings or disappointments.

In reality, who ever said we were supposed to be perfect?

# Open Hearts

The importance of opening our heart is that it is the only way to...

...be able to listen to all of the information that our feelings have for us so that we can create our own well-being, realizing this is not dictated by outside factors.

...allow the energy of love, compassion and joy to enter our being and our lives.

...handle our pain in a way that we can learn from it, in order to stop creating the feelings that we do not like and to learn to handle all of the natural feelings of life.

...create the peace that we desire; it's by opening our hearts that we can transform our fear and learn to manage our pain.

# Breakout Session 1

## EXERCISE DESCRIPTION

Please think about a particular situation you are experiencing right now that is painful or difficult. It could be some struggle in your life, or perhaps you are feeling inadequate in some way.

Please don't think of a situation in which you are upset with someone else, but instead think of a situation where you are feeling badly about yourself or a situation where you are going through a hard time.

## GROUP DISCUSSION





# Common Humanity vs. Isolation

**Common humanity, what is it? Does anyone know what that means? Do we have it? If we don't have it, where do we find it? How do we integrate common humanity into our lives?**



We all experience the misfortunes or suffering of our human existence. The most important thing to recognize is that we do not live on an isolated island. Unfortunately, when we have difficulty finding our shared experience with someone else, we tend to isolate and become disconnected from others and the world at large. Self-compassion involves recognizing that suffering and personal inadequacy is part of the shared human experience – something that we all go through rather than being something that happens to “me” alone or the isolated experience.



# Breakout Session 2

## EXERCISE DESCRIPTION

Discuss something that is challenging you at the moment: something you feel you are failing at, a situation that is making you feel hopeless, not feeling accepted or worthy, etc.

Seek to understand the common humanity in your situation:

1. Ask meaningful questions like: "I'm curious how you reached this conclusion," "Can you tell me a little more about why this is important to you," etc.
2. Find common ground.
3. Find ways to validate each other as acceptable and worthy by using words of affirmation.

## GROUP DISCUSSION



# Mindfulness vs. Over-Identification

**In order to have compassion for ourselves, we need to be willing to turn toward our own pain, to acknowledge it with mindfulness. Mindfulness is a type of balanced awareness that neither resists, avoids, nor exaggerates our moment-to-moment experience.**

Mindfulness involves being able to pay attention in a very specific way with the intention to be present in the moment with a non-judgmental frame of mind. When we are in this responsive state of mind, we are aware of our negative thoughts and feelings and are able to sit with them as they are without fighting or denying them and without immediately feeling the need to try and fix them or make them go away.



# Let's Recap



# Let's stay connected

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