



Embracing Self-Care and Self-Compassion

with

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Wellbeing Together

About the presenter

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Seminar Overview

1. Welcome, Introductions and Intentions
2. Centering and Reflections
3. What makes the journey so hard?
4. Embracing Self-Care
5. Letting-in Self-Compassion
6. Strengthening Resilience



Housekeeping

- Let's ensure that the space feels safe for everybody.
- Respect everyone's contributions.
- Respect everyone's privacy.
- Look after your own wellbeing. Mental Health topics are not always easy. Some topics might feel difficult and can elicit unexpected responses.
- Thinking about the comfortable zone, challenge zone and the panic zones in sharing. Strive for a little challenge by active participation, but stay clear of oversharing anything that might feel unsafe, or for which you may not feel ready.



Welcomes, Introductions, and Intentions



Centering & Reflections



What makes the journey so hard?

- Broken dreams.
- Feeling cheated out by life.
- Profound sense of loss.
- Physical changes.
- Questioning self-identity and roles.
- Society places high value on parenthood.
- Feeling stigmatized, alienated and marginalized.
- Distress is often minimized.
- Breach of privacy, invasive and time-consuming.
- Loss and mourning.
- Ruptures in relationships.
- Feeling out-of-sync with each other.
- Rollercoaster between hope and despair.
- Protection, secrecy and isolation.
- Difficult options ahead.





Embracing Self-Care

- It is not being selfish or about self-indulgence.
- You cannot give to others what you don't have.
- You matter, your health matters, your mental health matters. It is okay to look after yourself.
- Self-care can be different for everybody. It doesn't need to be something grand.
- Self-care includes setting healthy boundaries with others.
- Treating all aspects of yourself with self-directed empathy and kindness.



Self-Care Ideas		
Stretching	Mindful activities	Healthy eating
Exercise	Taking a short or long break	Recreation and hobbies.
Meditation	Mindfulness	Self-reflection
Psychotherapy	Reducing alcohol, sugary drinks, caffeine	Healthy boundaries
Sleep	Breathing techniques	Nature immersion
Reducing technology dependency	Massage	Connecting with others
Personal time	Spending time with animals / pets	Tea ceremony



Letting in Self-Compassion

- We are all subject to the four givens of the human condition: death, meaning, isolation and freedom.
- Life can be hard. Life can be unfair.
- We make mistakes. We take a wrong turns.
- You're okay.
- What would someone who loves and cares for you say or do if they saw you struggling?





Witnessing Compassion

1. Witness and Acknowledge the Pain.
2. Connect to the reality that we all suffer.
Be part of the common humanity.
3. Offer self-kindness.



Self-Compassion Ideas

Perspective taking	Treating yourself as you would treat a good friend	Allowing yourself to make mistakes
Self-acceptance	Having a date with yourself	Extending empathy and non-judgement to yourself
Letting go the need for external validation	Extending gratitude to yourself	Getting good sleep and nutritious food
Comforting yourself.	Taking a self-compassion break	Self-compassion journal
Being gentle with your inner child	Allowing yourself to have fun	Telling yourself you're okay
Allowing yourself to feel	Having a good cry	Having a good laugh



Strengthening Resilience

- There are few certainties in life and we all come face-to-face with multiple challenges, losses and difficult moments. This is inevitable and part of the human condition.
- Resilience may be understood as the process of adapting well in the face of adversity and the ability to bounce back from difficult circumstances.
- The capacity of our brains to change and make neural connections is known as neuroplasticity.
- “Where attention goes, neural firing flow, and neural connections grow”

– Dr. Dan Siegel





Strengthening Resilience

Core Foundations of Resilience:

- Having a value-driven and purposeful life.
- Nurturing positive relationship with others.
- Prioritizing self-care and a healthy attitude towards oneself.
- Cultivating non-judgement and composure of mind.
- Reviewing life narratives and meaning, especially in adversity.
- Importance of being able to live with flexibility, adaptability, coherence, energy and stability (FACES).



Physical Resilience	Emotional Resilience	Mental Resilience
Working Hard. Resting Well	Sitting with difficult emotions	Learning to see negative automatic thoughts
Setting bite-sized, realistic goals	No 'good' or 'bad' emotions	Thoughts are not facts
Good Nutrition and Sleep	Cultivating empathy	Growth Mindset
Exercise and fun activities	Name your feelings to tame it	Gratitude and acceptance
Allowing ourselves to make mistakes	Being receptive, not reactive	Meaning and re-inventing meaning
Allowing yourself to 'be'	Underlying feelings	Mindfulness and Meditation



Other considerations for strengthening resilience

- Cultivating healthy boundaries with others is vital to strengthening our resilience. This may mean saying 'no' to people, and that is okay.
- Nurturing positive relationships and surrounding yourself with family and friends where you experience empathy, understanding, acceptance and non-judgement is important.
- Learning to be kinder to yourself, practicing self-compassion and self-care can truly enhance your resilience capacity.
- Reach out! It is okay to ask for help. Sometimes life experiences can be tough, and we may need support from others, including professionals, e.g., psychologists, counsellors, GPs, EAP support etc. You don't always have to figure out things alone.



Thank You.
Any Questions?

