



SELF COMPASSION

NEWCOMER WELLBEING WORKSHOP

This session provides participants with information and tools to exercise self-compassion. Participants gain knowledge on how integrate self-compassion principles to maintain healthy emotional, physical and mental care.

Objectives

- Learn the three core principles of self-compassion
- Strengthen their ability to respond to difficult situations with kindness and understanding towards themselves
- Provide self-affirmation as a techniques to develop confidence and self-efficacy

Audience

- Newcomers of any age
- Suitable for 1-25 people



SESSION OVERVIEW

<p>Welcome 5 min.</p>	<p>Welcome participants to program space. Conduct attendance. Participants are introduced to space space, facilitators, and each other. Refreshments served.</p>
<p>Group Guidelines 5 min.</p>	<p>Conduct group guidelines using “pictorial group guidelines”.</p> <p>How can we create a safe, trusting, and secure space?</p> <ul style="list-style-type: none"> • Confidentiality, Respecting Identities, Boundaries and Communication, Try Something New, Ask Questions, Connect & Get support, Br Curious • Provide overview on mental health vs. mental wellbeing and mental health issues, addressing potential misinformation or stigma
<p>Check-In Activity 5 min.</p>	<p>Roses & Thorns Invite each participant to share one good moment from their week (rose), and one challenging moment from their week (thorn).</p>
<p>Learn 10 min.</p>	<p>Self-compassion refers to the ways that we show kindness, love, and care to ourselves in instances when we feel inadequate, like failures, or are suffering.</p> <ul style="list-style-type: none"> • <i>“Self Compassion is treating ourselves like a garden” - Participant</i> • <i>A garden can be dirty and messy, in the same way we are imperfect. However, the messiness allows for flowers, fruits, vegetables, trees, and all kinds of life grow.</i> • <i>Our imperfections do not make us lesser. We have to approach ourselves with self-kindness so that we have space to grow.</i> <p>Self-criticism or negative self-talk can be common when things go differently than we expect. This not helpful. By engaging in self-compassion, we can take action to care of our physical, emotional, mental, and spiritual needs.</p> <p>Three Principles of Self Compassion</p> <ol style="list-style-type: none"> 1. Self-kindness vs. Self-Judgement: being kind and understanding toward ourselves when we suffer, fail, or feel inadequate. We show support rather than self-criticizing. We show encouragement to ourselves as we would to friends. Responding to our failures with kindness is how we grow! 2. Common Humanity vs. Isolation: Reminding ourselves that being “human” is being vulnerable and imperfect. When we show self-compassionate, we recognize that our suffering connects us and we are not alone. 3. Mindfulness vs. Over-Identification: Taking a balanced approach to our suffering, we neither suppress or exaggerate it. Mindfulness allows us to turn toward our pain with acceptance.



SESSION OVERVIEW

<p>Activity 20 min.</p>	<p>Self-Affirmations: Practicing daily positive affirmations can help improve belief in yourself, your capabilities, and your virtues. They are especially important on days when we struggle to remember the good things about ourselves.</p> <ul style="list-style-type: none"> • Research has shown that positive affirmations can help decrease stress, improve wellbeing, and open us up to behavioral change • Research has shown that identifying your values and affirming your identity can improve your self-talk. See the “Values” session package for more information. <p>Affirmation Garden Activity</p> <ul style="list-style-type: none"> • Introduce the concept of self affirmations. They will often focus on the positives in their lives or families rather than themselves. Don’t be afraid to redirect focus to themselves! • Invite participants to write their own affirmations on the back of the handout: <ul style="list-style-type: none"> ◦ <i>I am...</i> ◦ <i>I can...</i> ◦ <i>I deserve...</i> ◦ <i>I admire...</i> ◦ <i>I am learning...</i> ◦ <i>I have the power to...</i> ◦ <i>It is okay...</i> • For each affirmation, invite participants to select a corresponding “Talking Object”. This Talking Object can be an image cutout or magazine cutout! • Once affirmations are completed, give each participant blank Affirmation Cards • Guide participants to complete their Affirmation cards: <ul style="list-style-type: none"> ◦ Create a collage with your talking objects and other cut-outs ◦ Write an affirmation on the card ◦ Continue drawing out your affirmation card. Use garden theme if you would like. • Invite participants to keep their Affirmation Cards with them, either on the mirror at home, in their wallets, on their phones. Somewhere you will see it every day. • Repetition is key! Ask participants to try using these affirmations in their daily lives.
<p>Reflect & Discuss 10 min.</p>	<p>Talking Objects: Invite participants to share one of their affirmation cards, using the Talking Objects as a speaking tool to represent their affirmation.</p> <p>Discussion Question: Do you often think about yourself kindly?</p> <p>Discussion Question: How will you bring your affirmation cards into your life?</p>
<p>Check-Out Activity 5 min.</p>	<p>Collective Poem Invite each participant to read their final affirmation, see the starred affirmation. Invite participants to begin reading: “It is okay...”. Take turns reading in a circle. Together they have created a collective poem.</p>
<p>Gratitude & Goodbye 5 min.</p>	<p>Thank participants for sharing this space and taking this time for reflection. Participants can take poem affirmation poem and cards.</p>