



Resilience in Work and in Life: Embracing Self-compassion and Mindfulness

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What is Resilience?

“The ability to recover from setbacks, adapt well to change, and keep going in the face of adversity.”

SHE STOOD
IN THE STORM,
& WHEN THE
WIND DID NOT
BLOW HER WAY,
SHE ADJUSTED
HER SAILS.

ELIZABETH EDWARDS

What is Self-Compassion?

- Self-compassion involves
 - Being open to and aware of the reality that *life is not easy*,
 - Offering kindness and understanding towards oneself,
 - Desiring the self's well-being,
 - Taking a nonjudgmental attitude towards one's inadequacies and failures,
 - Framing one's own experience in light of the common human experience

How Self-Compassionate are You?

Please answer the following questions:

- Think about a time when a close friend felt that they had really “messed up” and were really frustrated with themselves.
 - How did you respond to your friend in this situation?
- Now think about a time when you “messed up”.
 - How do you typically respond to *yourself* in these situations?
- Did you notice a difference? If so, ask yourself why.

Why not try treating yourself like a good friend and see what happens?

Why is Self-Compassion Important?

- What the research says:
 - Self-compassion outperforms self-esteem and even optimism as a predictor of resilience and coping.
 - Self-compassion has been found to have a negative association with anxiety, and a positive association with self-determination.
 - Contrary to what many people think, treating yourself kindly is also good for achieving your goals.
 - Self-compassion is associated with adaptive academic motivational patterns.
 - Self-compassionate individuals are better able to see failure as a learning opportunity and to focus on accomplishing tasks at hand.
 - Self-compassion is associated with greater self-confidence in one's ability to learn and less trepidation concerning possible failure, which in turn is linked to greater mastery goal adoption.
 - Newly divorced people who spoke compassionately toward themselves adjusted significantly better in the following 10 months than those who spoke more harshly.

Cultivate Self-Compassion

Self Compassion is treating oneself with kindness, recognizing one's shared humanity, and being mindful when considering negative aspects of oneself.

-Kristin Neff

Self-Compassion: Stop Beating Yourself Up and Leave Insecurity Behind

- Mindfulness
- Self-kindness
 - Do you treat yourself as well as you treat your friends and family?
- Sense of common humanity

What is Mindfulness?

- The non-judgmental awareness of what is happening in the present moment: Being Right Here, Right Now.



What is Mindfulness?



- It is being aware of the voice inside your head.
- It is ensuring that you are not on automatic pilot.
- It is being able to make a CHOICE about what you think and how you respond to different situations in your life.

How Do We Cultivate Mindfulness?

Meditation

<https://www.youtube.com/watch?v=BM2CP7A3HKk>

Mindfulness Meditation

Sense of Common Humanity

- Just like you.....

Dear self,
Today, and for the rest of my days
I choose to love you, to cherish you,
and to accept you, just the way you
are.

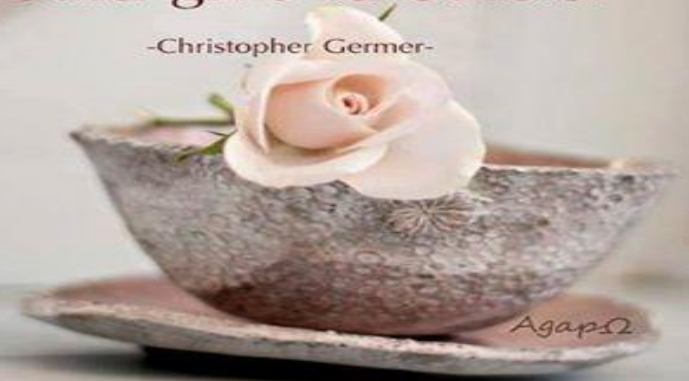
Love,
me.



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Self-compassion
is simply giving
the same kindness to
ourselves that we
would give to others.

-Christopher Germer-



Agap12

Thank you!

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