Mindful Self-Compassion:
an introduction

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CompassionMKE

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Mindful Self-Compassion Program

Developed by Christopher Germer and Kristin Neff in 2010

Germer, C. & Neff, K. (2019). Teaching the Mindful Self-Compassion Program. New York: Guildford Press

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Compassion

Awareness of distress and suffering in others along with the desire to relieve it.

3

Informal Definition of Self-Compassion:

Self-Compassion is treating ourselves with the same care and kindness as we would treat a good friend.

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Self-Compassion - 3 Elements
as defined by SC researcher Kristin Neff, PhD

- Mindfulness (vs. Over-Identification)
- Common Humanity (vs. Isolation)
- Self-Kindness (vs. Self-Judgment)

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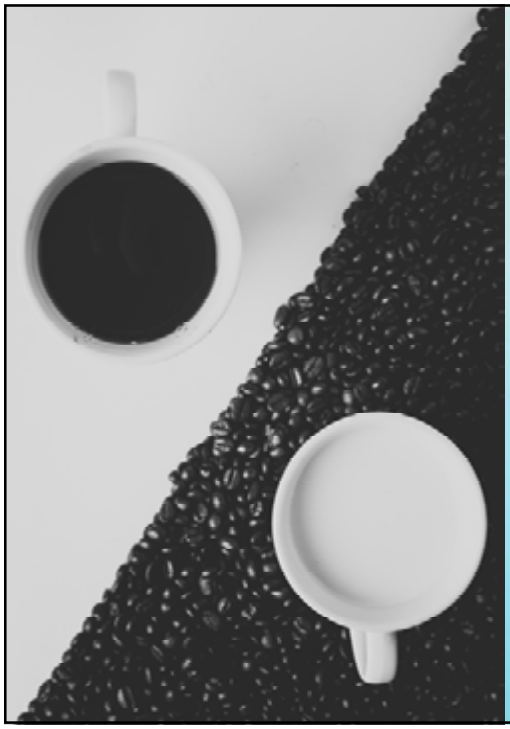

Yin and Yang of Self-Compassion

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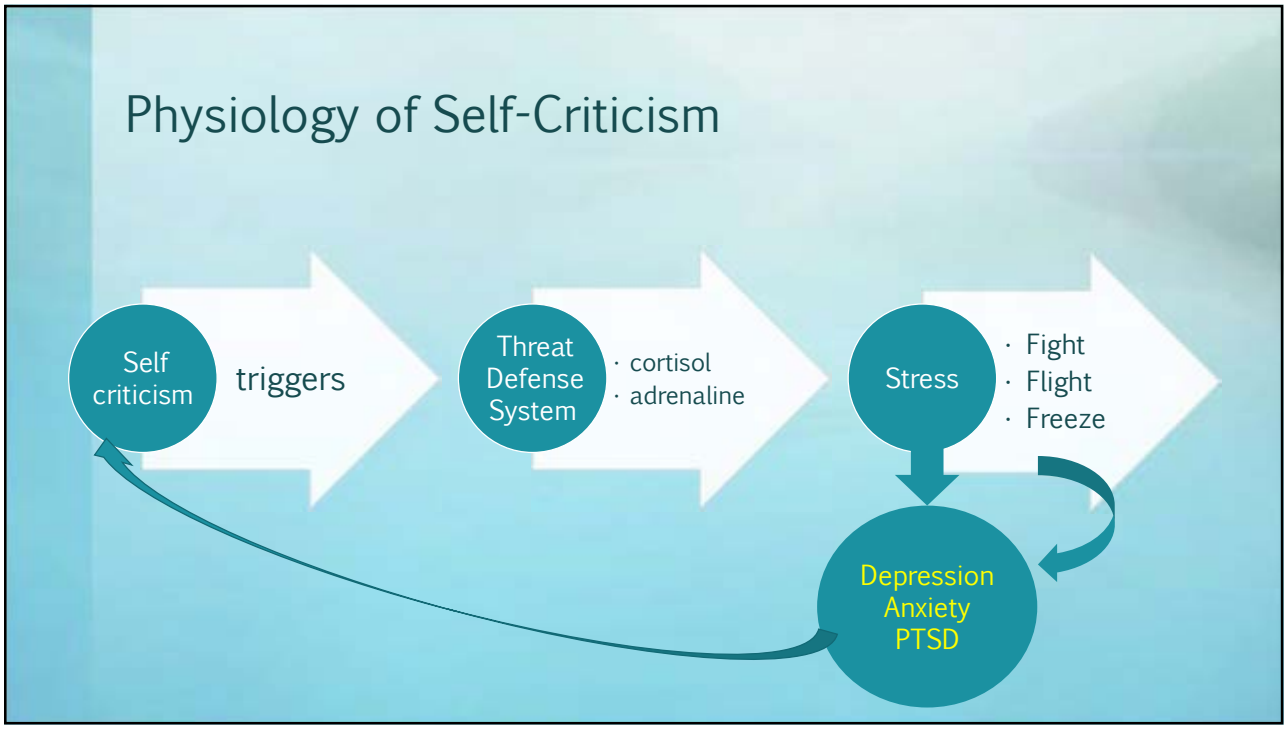
Physiology of Self-Criticism
Self criticism
triggers
Threat Defense System
· cortisol
· adrenaline
Stress
· Fight
· Flight
· Freeze
Depression
Anxiety
PTSD

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Physiology of Self-Compassion
Mammalian Caregiving System

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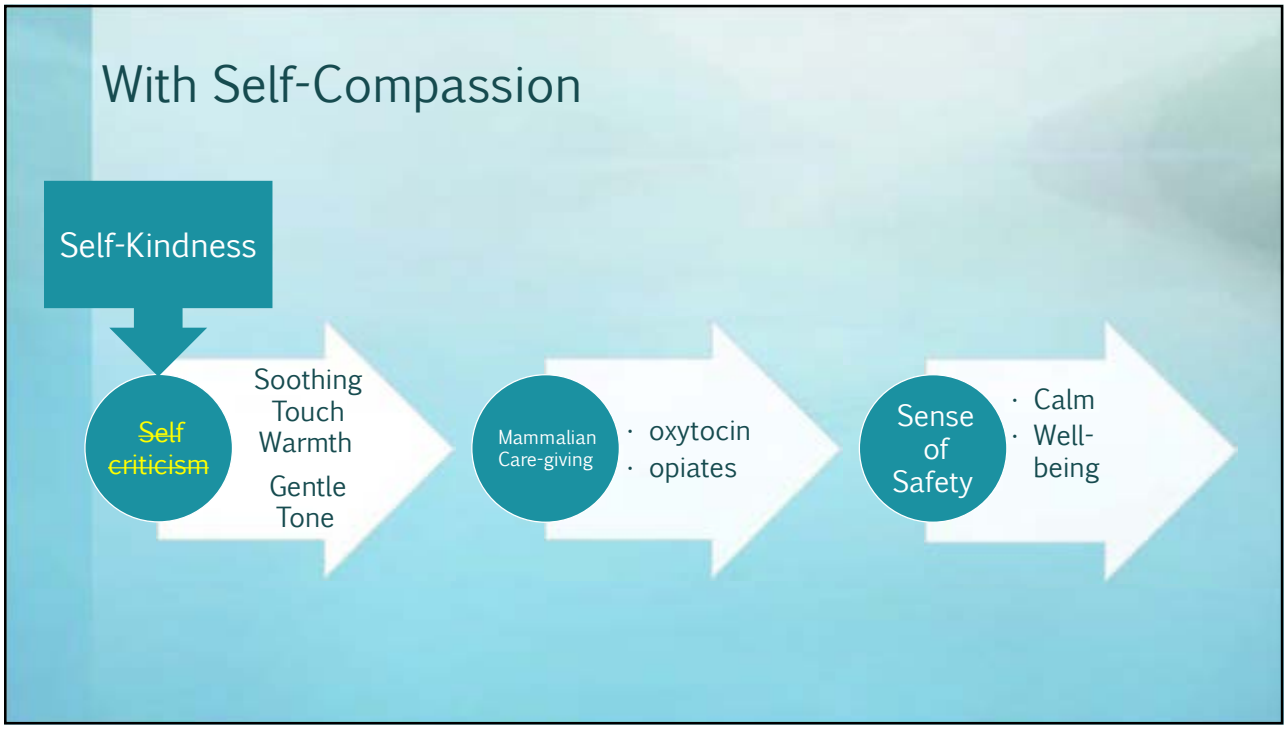
With Self-Compassion
Self-Kindness
Self criticism
Soothing Touch Warmth
Gentle Tone
Mammalian Care-giving
· oxytocin
· opiates
Sense of Safety
· Calm
· Well-being

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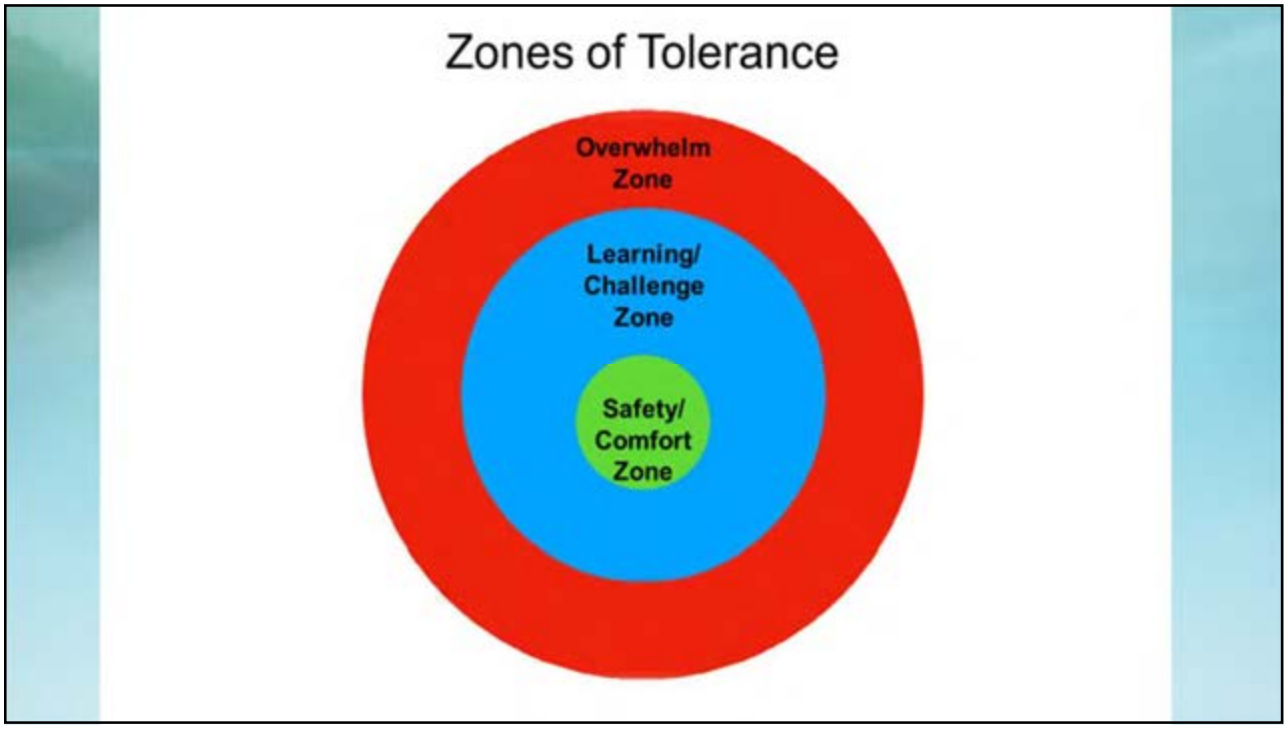
Zones of Tolerance
Overwhelm Zone
Learning/ Challenge Zone
Safety/ Comfort Zone

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Activity:
Self-Compassion Break

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Mindfulness -
awareness of present moment
experience with acceptance

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Mindfulness

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Activity:
3 Center Check-in

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Mindful Self-Compassion (MSC)

The MSC program teaches participants to

- Practice mindfulness and self-compassion in daily life
- Understand the science of self-compassion
- Handle difficult emotions with greater ease
- Self-Motivate with kindness rather than criticism
- Work with challenging relationships & manage caregiver fatigue
- Treat themselves as they would treat a good friend

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Self-Compassion: Research

↓ Depression, anxiety, stress and shame

↑ Happiness, life satisfaction, optimism, physical health

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Mindful Self-Compassion Program Research: Randomized control study 2013

- ↑ Self-compassion, Mindfulness, Compassion for Others
- ↑ Social Connectedness, Life Satisfaction, Happiness
- ↓ Depression, Anxiety, Stress, Emotional Avoidance

.... ↑ll in wellbeing remained after 1 year

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Difficult emotions

Meeting these with Mindfulness and Self-Compassion

- Labeling Emotions
- Awareness of Emotions in the Body
- Soften-Soothe-Allow

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Activity:
Meeting Difficult Emotions

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Mindfulness Self-Compassion asks
"What do I need right now?"

We give ourselves compassion,
not to feel better,
but *because* we feel bad.

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Self-Compassion

Compassion for Others

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Learn More about the Mindful Self-Compassion Program and Practices:

- Center for Mindful Self-Compassion: https://centerformsc.org/
- Kristin Neff's website: https://self-compassion.org/
- Christopher Germer's website: https://chrisgermer.com/
- Neff, K. and Germer, C. (2018). The Mindful Self-Compassion Workbook: New York, Guildford Press.

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Offering training, education, and consultation: Mindful Self-Compassion, Compassion Resilience, and Suicide Prevention in Milwaukee and online

Barbara Moser, MD, co-founder of CompassionMKE

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"A moment of self-compassion can change your entire day. A string of such moments can change the course of your life."

-Christopher Germer

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