

Self-care & Self-compassion

What does self care even look like?

- You are already doing it!
- What acts of self care do you regularly do?
- Are you consciously aware of what things you do or are you more aware of things you don't do as well or as much as you would like?

Where do we start?

- Need an individual tailored approach
- Take a step back – observe yourself
- What is important to you? Your values?
- What are you already doing well, what would you like to be doing better?
- Identify avoidance and barriers to good choices

Committing to self care activity

- No single model exists: there are many different ways to practice self-care
- Differences may relate to personal history, culture, roles, gender, stage of life etc
- Focus on conscious choices
- Create a plan

Types of Self-Care



verywell

<https://www.verywellmind.com>

Some examples of self-care*

- Quiet walks by yourself
- Brief meditative periods (waiting in a queue, being on transport, a brief illness) are all opportunities for a quiet, reflective, peaceful time
- Making time and space for meditation
- Reading – spiritual, fiction, biographies
- Some light exercise
- Opportunities to laugh in the company of cheerful friends
- A hobby (activity you enjoy)
- Listening to music you enjoy
- Eating healthy food, alcohol free days

* Applying ACT in your own life: Self-care & Self-compassion – OT Nielsen ACBS World Conference 2011

Self-compassion*

- Having self compassion is not that different than having compassion for others
- To do this you must *notice* that they are suffering
- Compassion involves feeling moved by others' suffering so that your heart *responds* to their pain (to “suffer with”). You feel warmth, caring, and the desire to help the suffering person in some way
- Having compassion means you offer understanding and kindness to others when they *fail or make mistakes, rather than judging them*
- Finally, when you feel compassion (not pity) for another it means that you realize that suffering, failure, and imperfection *is part of the shared human experience*

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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, you stop to tell yourself “this is really difficult right now,” how can I care for myself in this moment?
- Self compassion also means recognizing your humanness. The more you open to this reality instead of constantly fighting against it, the more you will be able to feel compassion for yourself and your fellow humans

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Resources

Every Mind Matters

<https://www.nhs.uk/every-mind-matters/mental-wellbeing-tips/top-tips-to-improve-your-mental-wellbeing/>

Mind – section on Self Care

<https://www.mind.org.uk/information-support/types-of-mental-health-problems/mental-health-problems-introduction/self-care/>

Very Well Mind

<https://www.verywellmind.com/self-care-strategies-overall-stress-reduction-3144729>

Good people – Kristin Neff (US), Paul Gilbert (UK)