Self-Compassion for Returning Back to Onsite

UCI SUSAN SAMUELI INTEGRATIVE HEALTH INSTITUTE
Agenda
1. Introduce key concepts from UC researchers about our mental well-being as we consider a return to onsite work, recently published in University of California News
2. Provide introduction to Mindful Self-Compassion, a conceptual framework and program created by Kristin Neff of UT Austin and Chris Germer, a Harvard psychologist
3. Guide us through informal practices to bolster a self-compassion routine as we transition back to onsite work
4. Present UCI Susan Samueli Integrative Health Institute resources
"Humans are inherently a social species and changes in people's interactions with those around them influence their neurobiology." Kalina Michalska, UC Riverside
"Anxiety is an emotion about a distant, potentially negative outcome that is uncertain and unpredictable. It is longer-lasting than fear, more future-oriented than present-oriented fear, and is less likely to have a specific elicitor or terminator."

Jan Stets, UC Riverside
"Uncertainty and lack of control upon return can lead to heightened stress, anxiety, depression." Cary Cooper, Professor of Organizational Psychology & Health at the University of Manchester
Self-compassion is extending compassion to one's self in instances of perceived inadequacy, failure, or general suffering. Kristin Neff defines self-compassion as being composed of three main elements – self-kindness, common humanity, and mindfulness.
"Mindfulness is the awareness that arises through paying attention, on purpose, in the present moment, non-judgmentally." Jon Kabat-Zinn
Acknowledge any stress, weariness, frustration, anxiety, or pain. (Name it to tame it.)
Become curious and open to the impact on your body of whatever is difficult. (Feel it to heal it.)
Practice using a comforting gesture.
Comforting Gestures

- One hand inside the other
- Hand over the heart
- Both hands over the heart
- Face cradled in one hand or both
- One hand on the abdomen and one over heart
- Gentle hug
- Hands on thighs
Use self-compassion phrases directed toward yourself.
Self-Compassion Phrases

- May I accept myself as I am.
- May I begin to accept myself as I am.
- May I forgive myself.
- May I be strong.
- May I be calm.
- May I connect with my basic goodness.
- May I know my own value.
- May I live with ease.
- May I be enough just as I am.
- May I rest in love.
Notice any resistance to things being difficult and see if you can let it go. (What we resist, persists.)
Be aware of the things that are not difficult in your life, including the things that do support you.
Final Thoughts

- Difficulties come and go. Your positive attributes and innate goodness persist and remain.

- The way you feel about going back onsite may be different than how other coworkers are feeling, and that's okay. Knowing this, practice non-judgment and compassion with coworkers.

- Use resources and ask for support. No one does anything alone. Does it change the moment if we acknowledge that additional resources would support us?
"A moment of self-compassion can change your entire day. A string of such moments can change the course of your life."
Christopher Germer
Whole person, Patient-centered care
Subscribe to our E-Newsletter for FREE access to scientific evidence-based integrative health information, articles, tips, videos and events.

ssihi.uci.edu
FREE Monthly Virtual Lectures for the Community!

MIND • BODY • BRAIN

Mind • Brain • Body Wellbeing Summer Series
5:30 PM ZOOM

AUGUST 5
CHRISTINE D. KRAUS, PHD
NEUROPSYCHOLOGY

SEPTEMBER 23
DARLENE LEE, ND, MSW, BCB
NATUROPATHIC DOCTOR

ssihi.uci.edu/events
Free Livestream Mindful Meditations

Drop in any weekday for mindful meditations cultivating present moment awareness, as well as compassion for ourselves and the world around us.

Register Here

Free Mindfulness Meditation Classes for the Community

ssihi.uci.edu
Free Virtual
Yoga for Wellbeing Therapy Classes for the Community

Mondays & Wednesdays
5:30 – 6:30 p.m.

Tuesdays & Thursdays
9:00 – 10:00 a.m.

ssihi.uci.edu/classes
WELLBEING INITIATIVE
FREE VIRTUAL WELLBEING SERVICES
FOR UCI EMPLOYEES

Revised Schedule!

Nutrition & Fitness Practices to Optimize Your Immune System
Healthy Nutrition in Times of Stress
Mindfulness & Meditation
Guided Acupressure*
Biofeedback & Relaxation Techniques
Stress Management Strategies

*Dr. Au is a great listener and also provided a variety of helpful strategies for dealing with ongoing stress. I am grateful that UCI provides this support!
Joint-collaborative effort offering free resources

- Faculty Mentorship Program
- Interactive Screening Program
- Faculty and Staff Support Line
  [University of California, Irvine School of Medicine]

- Nutrition series
- Mindful Compassion Course

UCI FACULTY WELLNESS PROGRAM
Clinical Locations

**Costa Mesa - Main Clinic**
- 1202 Bristol, Suite 200
- 714-424-9001

**Costa Mesa - Pacific Breast & Oncology/Hematology**
- 1640 Newport Boulevard
- 949-515-3544

**Newport Beach**
- 2161 San Joaquin Hills Road
- 714-424-9001

**Yorba Linda**
- 18637 Yorba Linda Boulevard
- 714-790-8600

**Laguna Hills**
- 23961 Calle de la Magdalena, Suite 200
- 949-238-4100
PROGRAMS
Concierge Primary Care
Integrative Breast Health
Integrative Cardiology
Integrative Children's Health
Integrative Dermatology
Integrative Gastroenterology
Integrative Musculoskeletal Care
Mind • Brain • Body Wellbeing
Naturopathic Medicine
Women's Health

SERVICES
Acupuncture
Biofeedback
Integrative Nutrition
Massage Therapy
Mindfulness
Neurofeedback
Osteopathic Manipulation (OMT)
Physical Therapy
Psychotherapy
Yoga Therapy
Presentation Requests

Kamber Lamoureux
Event Coordinator
lamourek@hs.uci.edu

Credits:
Created with images by dimitrisvetsikas1969 - "clouds cumulus sky" · ELG21 - "sky clouds forms" · Pexels - "backlit stars night sky" · Baptiste_lheurette - "stars night astrophotography" · Pexels - "astronomy bright constellation" · stux - "moon cypress mountains" · FlipscherFlip - "planet universe space" · giografiche - "sky clouds sunlight" · Fotoworkshop4You - "sunbeams forest fog" · jplenio - "tree nature wood" · Kranich17 - "cornflowers sunset mosquitoes" · TomMarc - "lake reeds sunset" · AdinaVoicu - "dandelion sun backlighting" · 3938030 - "forest sunset trees" · TimHill - "tree sun sunshine" · Mouse23 - "lavender flowers field" · Bessi - "tree lake stars"