



**WORKPLACE
SOLUTIONS
NORTHWEST**

Self-Care and Resilience: Relating to ourselves with compassion

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Self-Care and Resilience

This workshop is designed to introduce you to some resilience skills, including:


- Taking stock of your current situation
- Working compassionately with the inner critic
- Cultivating skills to build inner resources



Resilience

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Three things determine how we cope with stress



First is the external support available and especially the network of social supports.

The second resource is the person's psychological resources which are personality factors.

Third – and most important – is the coping strategies a person uses to confront stress.
+ Mihaly Csikszentmihalyi, "FLOW"

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Coping strategies

- You already have some – maybe quite a few – coping strategies.
- We can cultivate, broaden and develop coping strategies by paying attention to our self care.
- Self care is nurturing ourselves in basic human domains such as spirituality, emotional lives, relationships, taking good care of our bodies, our minds and our hearts.



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Handout: how do I care for myself?



Make a list of what you each do to take care of yourselves – from exercise to sleep to contemplative practices to volunteering – anything that helps you recharge and feel connected to yourself and/or others



What brings you joy? What do you want to do more of?

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Working with the Inner Critic

And learning to
motivate ourselves with
compassion



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Gratitude

- Take out a piece of paper and write down ten things you are grateful for.



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Self Appreciation



Take a look at your list.

Did you write down anything you appreciate about yourself?

What can you appreciate about yourself?

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Savoring

- How good are you at taking in positive experiences?
- Research tells us that our brains need to sit with a positive experience to take it in.



Rick Hanson on Hardwiring Happiness:

<https://www.youtube.com/watch?v=jpuDyGgleh0>

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Thank you!

Each and every one of you contributes to the well being of your community.

In the next week, see if you can adopt a self care practice and make some notes in a journal about how it feels.
