

Self-Compassion Handout from the Workshop 'Embrace yourself'

Hello!

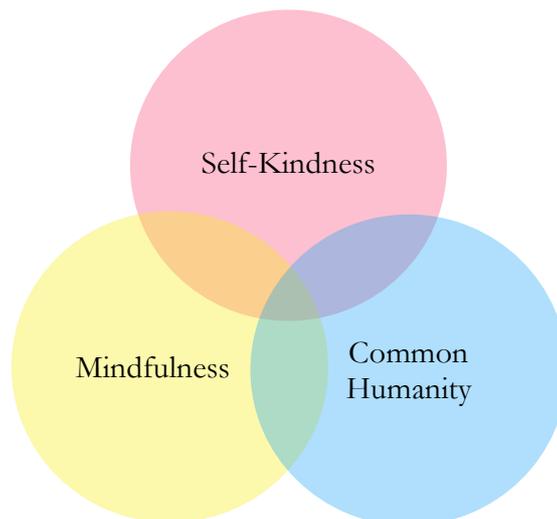
Thank you again for being part and participating in the 'Embrace Yourself – Self-compassion' workshop. I am really glad that you have an interest in this topic and would like to encourage you to continue your journey exploring yourself through it.

As promised here are some exercises we looked at as well as further reading resources, links to meditations and exercises and some podcasts that might interest you.

I wish you all the best, take good care of yourself in these challenging times! And if there is something you would like to discuss or if you have any additional questions, don't hesitate to get in touch.

Warmly,
Emilia

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K. Neff & C. Gremer, *Mindful Self-Compassion*

Some exercises and reflections

Mindfulness in Daily Life (from K.Neff & C. Gremer) -> mindfulness can be practiced at any moment of the day, it does not have to be sit-down meditation, it can be brushing your teeth, whenever your phone rings, walk to the store, having your coffee

- Pick an ordinary activity daily activity. It can be easier to select an activity early in the day before your attention is pulled in many directions
- Choose one sensory experience to explore in the activity such as the sensation of taste as of drink your coffee or the sensation of water touching your skin in the shower
- Immerse yourself in the experience, savoring it to the fullest. Return your mind to the sensations again and again when you notice it has wandered away the activity until it was been completed
- Bring gentle, friendly awareness to
- Try to bring mindful awareness to this activity every day for a week – does it change anything for you

Ways to practice Self-Kindness:

- Acknowledge the pain/ fear/ difficulty of the situation (This is tough. This sucks, I hate it)
- Offer yourself understanding
- Remember that others in similar situations probably feel similarly
- Sometimes, especially when it comes to difficult tasks ahead acknowledging that you're probably never going to feel like it but that you are committed to doing it can help to take things one small step at a time
- Be on your side with your expectations, meaning keep them so they can be reached without a massive ladder. And once you are there reach for the next, but not before you pat yourself on the back in whatever way works for you.

Links to meditations:

- The RAIN meditation mentioned in the workshop:
<https://www.tarabrach.com/meditation-practice-rain/>
- <https://self-compassion.org/category/exercises/>
- <https://jackkornfield.com/meditations/>

Podcast I like around the topics of mindfulness and wellbeing and matters of the heart:

- <https://podcasts.apple.com/us/podcast/tara-brach/id265264862?mt=2>
- <https://www.wbur.org/podcasts/dearsugar>
- <https://podcasts.apple.com/us/podcast/eckhart-tolle-essential-teachings/id1458654443>
- <https://podcasts.apple.com/us/podcast/being-well-with-dr-rick-hanson/id1120885936?mt=2>
- <https://podcasts.apple.com/us/podcast/where-should-we-begin-with-esther-perel/id1237931798> -> great podcast about relationships

Further reading and links:

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- Garcia, G. (2017). *Listening with My Heart: A story of kindness and self-compassion*. Gabi Garcia Books.
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- Rosenberg, M. (2003). *Nonviolent Communication: A Language of Life*. Encinitas, CA: Puddledancer Press.
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- Salzberg, S. (1997). *Lovingkindness: The revolutionary art of happiness*. Boston: Shambala.
- Salzberg, S. (2005). *The force of kindness: change your life with love and compassion*. Boulder, CO: Sounds True.
- Silberstein-Tirch, L. (2019) *How to Be Nice to Yourself: The Everyday Guide to Self Compassion*. San Antonio, TX: Althea Pres

May there be kindness in
your gaze when you look
within.

John O'Donohue

