

WHAT'S IN YOUR FIRST AID KIT?

Resources and Tools to Help You Survive and Thrive



First Aid 
TOOLKIT



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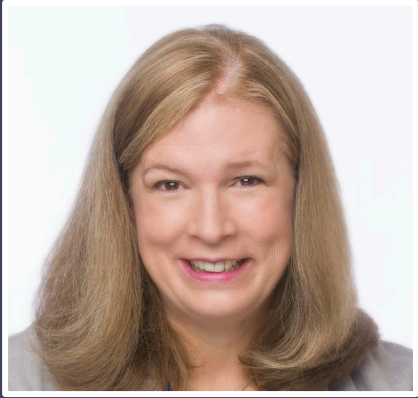
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What's in Your First Aid Toolkit?

Our Mission

To ensure that all people impacted by cancer are empowered by knowledge, strengthened by action, and sustained by community.





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The Best Surge Protector
Self-Compassion

**First Aid 
TOOLKIT**

PRESENTER DISCLOSURE

Presenter Disclosure
Faculty: Emily Gentry

I, Emily Gentry have no financial relationships or affiliations to disclose.



Agenda

1

Define Self Compassion

4

Understand Why Caregivers
Need Self Compassion

2

Discuss what Self
Compassion Is “Not”

5

Practice Self Compassion

3

Identify Three Critical
Elements of Self Compassion

6

Facilitate Open Q&A

Polling Question: Self Compassion

Agree or Disagree:

- Most people don't have any problem with seeing compassion as a thoroughly commendable quality ; yet we seem less sure about self compassion

Define Self Compassion



Defining Self Compassion

Dr. Kristin Neff, pioneering self-compassion researcher, author, and teacher.



What Does Self-Compassion Look Like?

- Involves responding in the same supportive and understanding way you would with a good friend when you have a difficult time, fail, or notice something you don't like about yourself
- Requires not ignoring your pain but instead offering comfort and care
- Necessitates understanding when confronted with personal failings
- Requires accepting your humanness



Resonating with You?

CHAT BOX

- Why is it so hard for us to offer ourselves self compassion?
- Why do we resist?

Discussing What Self Compassion Is NOT



Self Compassion : 3 “ NOTs”

Self-compassion is not self-pity

Self-compassion is not self- indulgence

Self-compassion is not self- esteem



If your
compassion
does not include
yourself, it is
incomplete.

JACK KORNFIELD

christine.com

Elements of Self Compassion



**Self-
Kindness**



**Common
Humanity**



Mindfulness

Self - Kindness

Examples:



- Giving yourself the tenderness and care you need when you're going through a tough time
- Trying to understand and show patience regarding your own perceived personality flaws
- Being tolerant of your own shortcomings



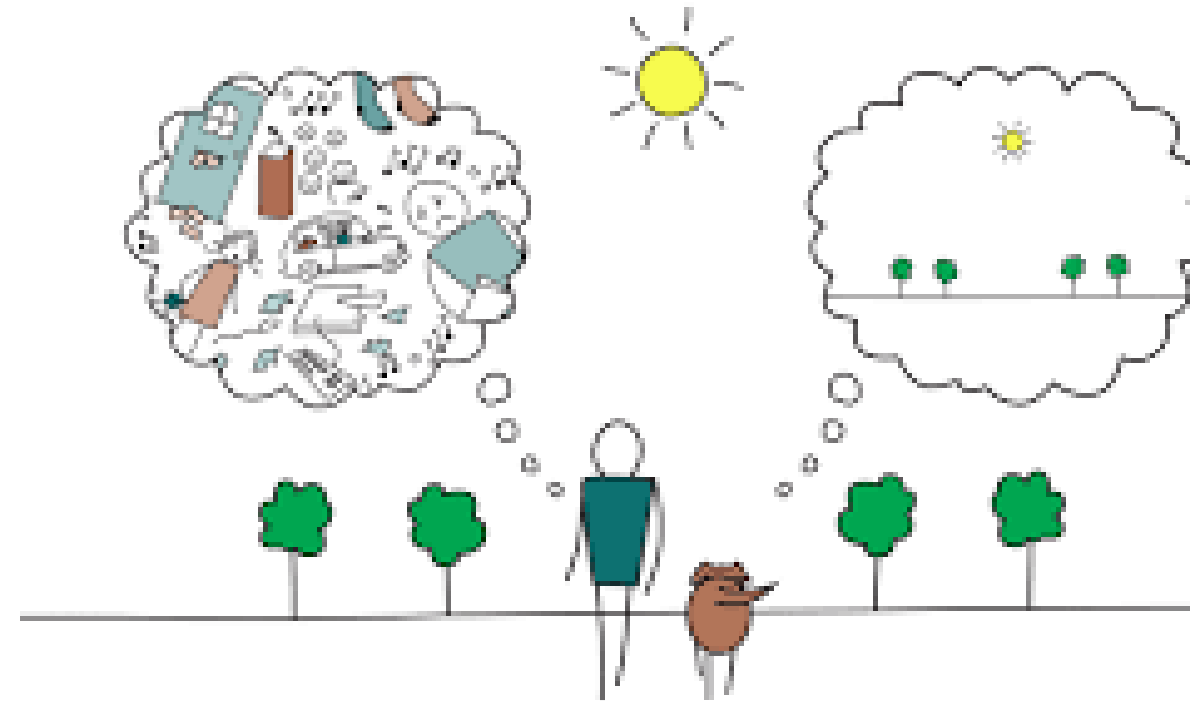
Common Humanity

- Examples:
- Perceiving your shortcomings as natural aspects of the human condition
- Viewing your difficulties as “a part of life that everyone goes through”
- Reminding yourself that others also feel inadequate at times, when you feel the same

Mindfulness

Examples:

- Aiming to keep our feelings in balance when we experience something upsetting
- Maintaining perspective when we fail at things that are important to us
- Adopting our emotions with curiosity and openness when we feel sad



Mind Full, or Mindful?

Why Do Caregivers Need Self Compassion?



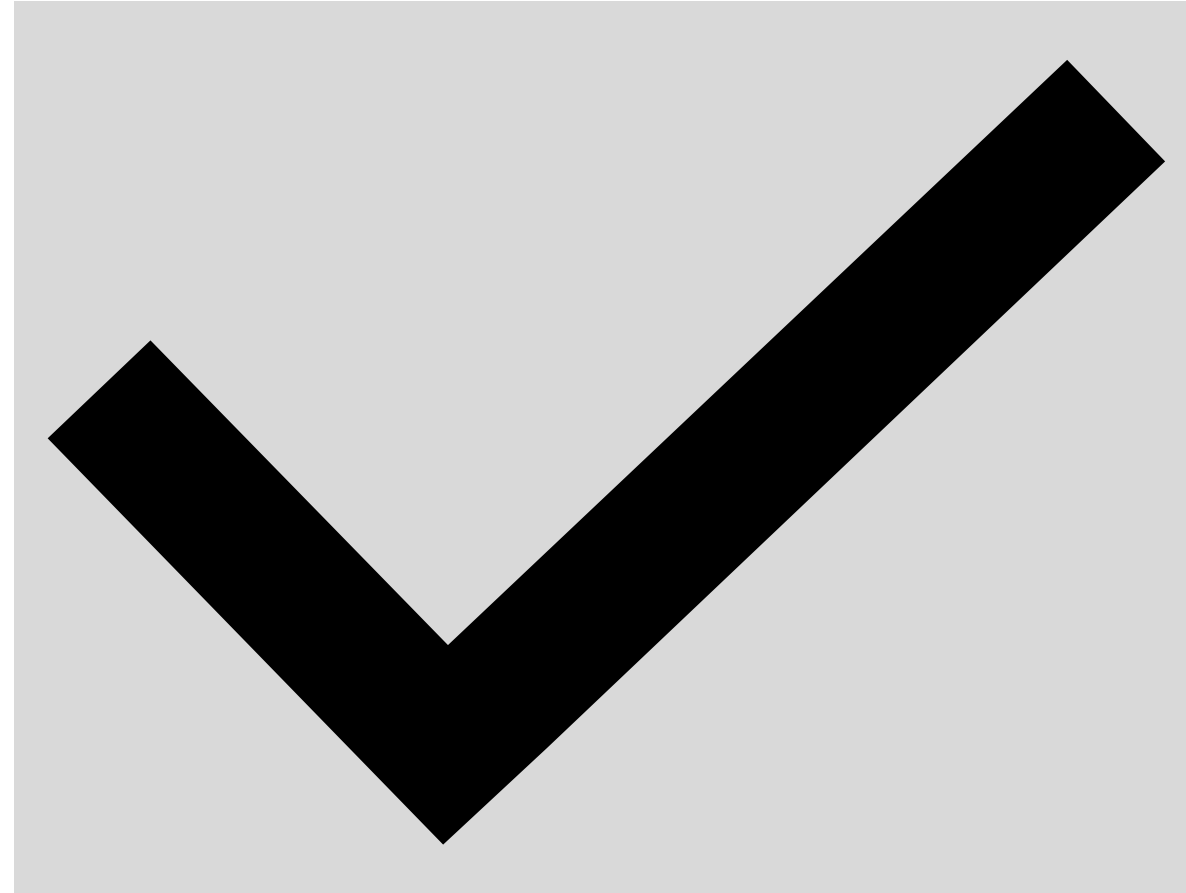
Caregivers Need Self Compassion


Remain in the presence of suffering
without being overwhelmed

Maintain emotional stability

Sustain caregiving role

Institute: <https://www.mindfulnessinstitute.ca/>





Self-compassion is key because when we're able to be gentle with ourselves in the midst of shame, we're more likely to reach out, connect, and experience empathy.

Brené Brown

quotezancy

Practice Self Compassion



Practice Self-Compassion

Transform your mindset
Speak & think kindly about yourself
Forgive your mistakes
Spend time doing things you truly enjoy
Strive to avoid judgments and assumptions
Find common ground with others
Take care of your mind and your body
Pay attention to where your passion lies
Realize it's not all about you
Cultivate acceptance



Self Compassion Exercises

- How would you treat a friend?
- Take a self-compassion break
- Explore self-compassion through writing
- Role-play the criticizer, the criticized, and the compassionate observe
- Change critical self-talk
- Self-compassion journal
- Identify what you really want
- Take care of the caregiver

Reference: [CenterforMSC.org](https://www.centerforMSC.org)

Polling Question:
Self Compassion

- How many of you practice self compassion regularly?

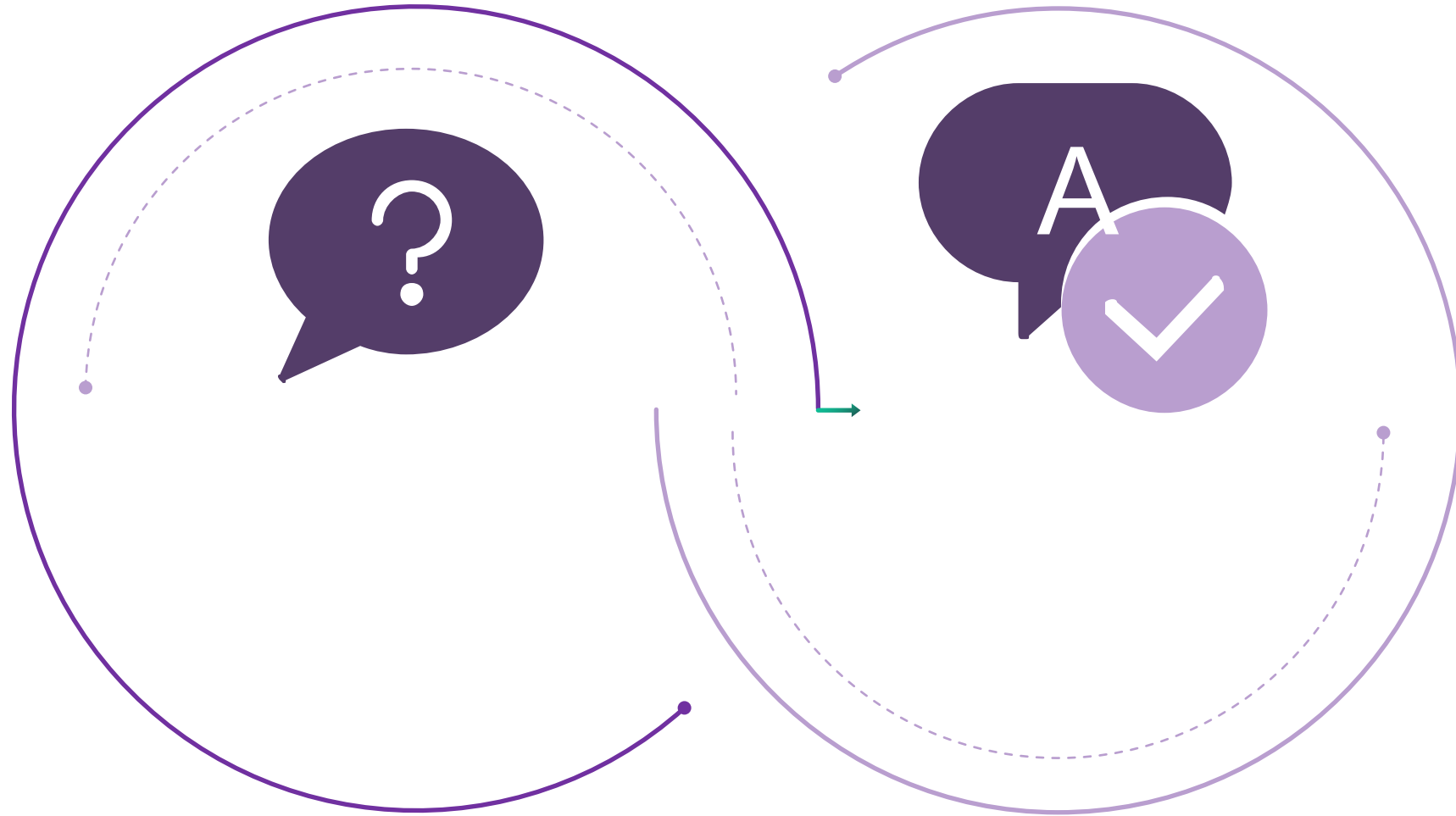
CHAT BOX:

What Tools Are You Using to Practice Self Compassion?

- Have You Used Any of these Exercises?
- What tend to be your Barriers in implementing these practices
- Can anyone share a recent success?

Question and Answer Session

Q&A



Sponsorship and Acknowledgement



Stay Tuned for More Sessions

Date and Time	Session Title	Speaker
5/15/21 1 pm – 2 pm EST	GPS for the Soul: Moving toward your values	Krista Nelson, MSW, LCSW, OSW-C Oncology Social Worker, Program Manager of Quality & Research, Cancer Support Services & Compassion, Providence Cancer Institute
6/5/21 1 pm – 2 pm EST	Beyond Band-Aids: Growing Mighty as a Team	Elizabeth M. Muenks, Ph.D. Psychologist, KU Medical Center
5/26/21 1 pm – 2 pm EST	Behind the Mask: Moral Distress and Compassionate Care	Lara Traeger, Ph.D. Assistant Professor, Psychiatry, Harvard Medical School Staff Psychologist, Department of Psychiatry, Mass General Hospital
7/10/21 1 pm – 2 pm EST	There Is Nothing Wrong with Your Kit: It's a System, Not a Self-Care Problem	Eucharía Borden, MSW, LCSW, OSW C Senior Director, Health Equity and Clinical Services, Cancer Support Community

For More Information



First Aid TOOLKIT

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**CANCER SUPPORT
COMMUNITY**
COMMUNITY IS STRONGER THAN CANCER

