WHAT’S IN YOUR FIRST AID KIT?
Resources and Tools to Help You Survive and Thrive
Disclaimer

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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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Senior Director of Education and Program Development
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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.
1. Define Self Compassion
2. Discuss what Self Compassion Is “Not”
3. Identify Three Critical Elements of Self Compassion
4. Understand Why Caregivers Need Self Compassion
5. Practice 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

christowge.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
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 observer
- Change critical self-talk
- Self-compassion journal
- Identify what you really want
- Take care of the caregiver

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