

Week 3: Self-Compassion

Presented by CSUEB Counseling Services



Loving Kindness Meditation

A Few Zoom Guidelines

- Please mute your audio and type any questions into the chat box
- Your video can be off or on, whatever makes you most comfortable
- Confidentiality and Zoom limitations

Community Agreements

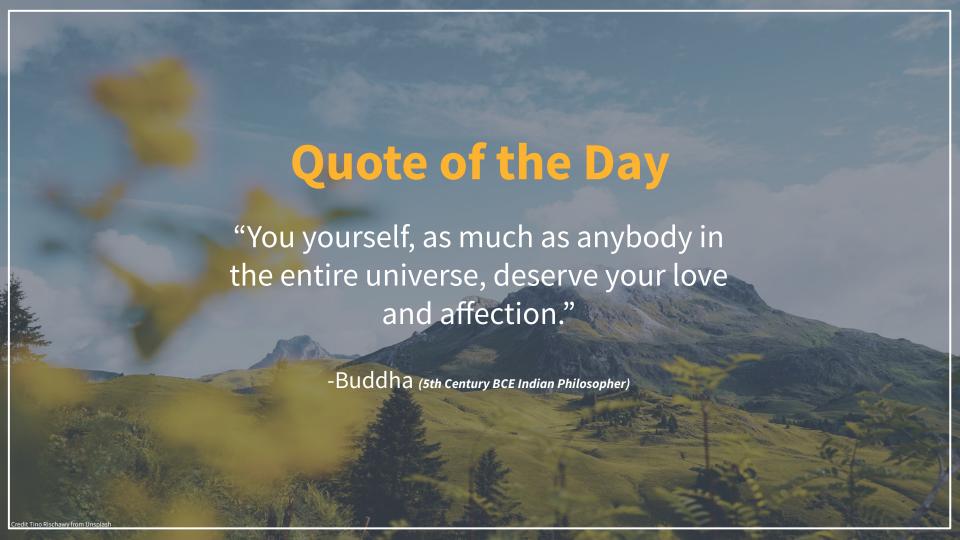
- Speak to your own experience
- Share headlines, not details
- Step forward, step back
- Ask others before giving them feedback
- Assume positive intent from others
- Take responsibility for your needs
- Commit to all weeks of group
- Any suggestions?



How are you (weather analogy)? What way did you vibe more this week?

- ☐ Grounding
- Compassion
- Crying
- ☐ Choose Self-Respect
- ☐ Taking Care of Your Body

- Create a new story
- ☐ Structure your day
- ☐ Trust the process
- ☐ Reframe setbacks
- Ask for help





What is Self-Talk?

Self-Talk is:

- 1. the way you talk to yourself/your inner voice(s)
- 2. your inner dialogue based on a combination of conscious thoughts + inbuilt beliefs
- 3. either negative or compassionate
 - can be supportive, beneficial, motivating
 - can also be pessimistic, undermining, unrealistic

A Closer Look At Self-Talk

Negative self-talk

- A psychological defense that prevents growth
- Ignores the self
- Tends to be easy/ automatic

Compassionate self-talk:

- Loving, understanding
- Searching with a non-judgmental mind into what happened
- Promotes change
- Listens to the self
- Can be difficult and takes practice

6 REASONS TO PRACTICE POSITIVE SELF-TALK

WWW.THEPATHWAY 2SUCCESS.COM



Builds selfconfidence and self-love



Encourages problem-solving skills



Teaches a meaningful coping skill



Builds perseverance and resilience



Improves perspectivetaking skills



Improves attitude and motivation

Impact of Negative Self-Talk

What's the impact of **negative** self-talk is?

- Can affect your mental health
- Can affect your relationship with yourself and others
- Is often linked w/ depression, anxiety, or chronic pain
- Impacts self-esteem, body image
- Leads to stress and tendency towards perfectionism

Reflect: Think about the ways you usually talk to yourself - is it usually negative? Compassionate? What is it like thinking about how we talk to ourselves?

Group Discussion

- What does your negative and/or compassionate self-talk sound like for you?
- Which one is easier for you?
- How does your self-talk help or not help you?



Tips to stopping negative self-talk



Be aware of what you're saying to yourself



Challenge your thoughts



Put your thoughts into perspective



Stop the thought



Replace the thought w/ a neutral or positive thought



Notice the patterns of your negative self-talk

Tips to improving compassionate self-talk



Practice, practice, practice



Identify your strengths



Surround yourself w/ positive + optimistic people



Stay in the present



Look at the bigger picture



Treat yourself as a friend



Practice!

How would you talk to yourself compassionately in one of these situations?

- 1. You got a poor grade on an exam, so you want to binge on food
- 2. You feel like using a substance because you are lonely
- 3. You just got laid off from your job, and you feel like punching a wall
- 4. You partner broke up with you, and you want to harm yourself

"I AM ENOUGH"

Find a comfortable seated position, or lay down if you prefer. Allow yourself to arrive where you are, feeling the points in the body that meet the earth. As you slowly and deeply draw all of the air into your lungs and diaphragm say in your head "I am" and as you breathe out fully say to yourself "enough". Repeat for as long as you need.





Reflect & Debrief

Reflect/ Debrief

Any thoughts? Questions? Reflections? Reactions?

Check Out Question

1 thing you are taking away from the group & 1 technique you are committing to do for yourself this week

Additional Resources

- Mental Health apps: Wysa, Clarity (CBT), Mindshift,
 MoodTools, Calm, Shine, Happify, Headspace, Days since,
 IAmSober, Worry Watch, PTSD Coach, DBT Coach
- Counseling groups throughout every week
- Pioneers for HOPE support with food and housing @pioneersforhope
- Follow us on **Instagram** @eastbayshcs
- Downloadable slides and group handouts





