



Personal Wellbeing and Self-Care VMware - Summer 2021

Instructor: Barbara Piper-Roelofs
barbara@berooted.nl | +31 6 40269953

Class Review & Homework session 5

Now that we have laid the **foundation** in the first 4 weeks; setting intentions, determining our personal values and what's important to us, and trying out new habits & meditation; it's time to move to part 3 of the course.

Part 3: Learning to work with the focus of our *attention* in line with our intentions

Week 5 and 6:

In week 5 and 6 we move towards making what we think and feel (on the inside) **manifest** in the world around us. Moving towards making our inner world work for us on the Outside

Summary

In this session we focused on **our attention** on making what we think and feel (on the inside) **manifest** in the world around us.

We will practice putting your focus on **HOW**. Our desires in line with our intentions and personal values and actively bringing it into your life.

SO Attention and daily habits: creating the new fabric in your life and integrating what you want in what's already going on.



- If you don't like something, take away its only power:
YOUR ATTENTION.
- If you want something: give it its only power: **YOUR ATTENTION**

Now a few things happen when we set out on a journey like this:

1. Change is Hard

The first thing that often happens when we want to change something: we encounter **that it's hard**. Because if it was easy, you would have done it a long time ago. People around you will start noticing a difference and the 'pull' back to old habits will be strong. It's so easy to fall back into putting everything around us first: family, children, deadlines etc.

The key is to work with yourself and an accountability partner as you are practicing new behaviour.

Book tip: Atomic Habits.

2. Feeling selfish

Another thing that often happens is that we start feeling selfish as we start to put on our own oxygen masks first.

Interesting right?

Our inner narrative starts working overtime with: "This is all about me. My personal wellbeing and self-care. It feels selfish. But the trick is it's not!"

3. Boundaries



When we set new intentions something has to change. We are moving from A to B. And if a change involves **more time** for ourselves; it often means less time or a different kind of time for other things in our lives:

So we have to start to set boundaries. Saying NO. Or saying YES to yourself. It's a matter of perspective.

Boundaries Brene Brown

Brene's earliest research showed that people who were most compassionate to themselves and others has great boundaries. Quote from her book *Rising Strong*:

She states, "very early on in my work I had discovered that the most compassionate people I interviewed also have the most well-defined and well-respected boundaries. It surprised me at the time, but now I get it. They assume that other people are doing the best they can, but they also ask for what they need and they don't put up with a lot of crap. Compassionate people ask for what they need. They say no when they need to, and when they say yes, they mean it. They're compassionate because their boundaries keep them out of resentment."

**LINK: <https://www.youtube.com/watch?v=iCvmsMzIF7o&t=1s>
<https://vimeo.com/274228723>**

Boundaries start with being kind to ourselves: with Self compassion.

What Is Self-Compassion?

Self-compassion is a relatively new psychological construct derived from ancient Buddhist contemplative psychology. Kristin Neff (2003), a developmental psychologist and student of Buddhist



meditation, first defined the concept and developed the Self-Compassion Scale (SCS) that is used in most research.

Self-compassion has three main components:

- (1) self-kindness,
- (2) a sense of common humanity, and
- (3) mindfulness.

Pls refer to the course environment for more documents and papers on the subject.

Self-Compassion is a **skill that can be learned** and is not self-pity, self-esteem or self indulgent.

[10:10 - 10:25 Self Compassion Meditation]

To train, incline the brain towards longer stretches of silence and towards self-compassion, today a different settling in exercise.

[10:25 - 10:45 Exercise]

In dyads work with the Choosing Kindness exercise which you can find in the course environment.

You can practice this exercise with a colleague or friend or family member at home and discuss something that is difficult in your life right now.

[10:45 - 10:55 Plenary Debrief]

[10:55 - 11:00 Closing and homework]

HOMEWORK



For consistent habitual practice: we keep returning to the subject.

1. Continue your practice
2. Deepen your focus by discussing what you have done over the past weeks with a friend, spouse, family member or colleague.

Do this exercise this week with someone you trust.

3. Read and listen about self-compassion in the course environment