



Personal Wellbeing and Self-Care VMware - Summer 2021

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Class Review & Homework session 6

Continuing in **Part 3** of the course: **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

Last week, we moved towards making what we think and feel (on the inside) **manifest** in the world around us. We spoke about how hard it is to make a change. We self-sabotage and we setting boundaries is hard.

What have YOU noticed in bringing change into your life?
And the obstacles towards it?

Outline Session 6:

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.

We determined last week that change and boundaries start with **being kind to ourselves: with Self compassion.**



What Is Self-Compassion?

(Pls refer to Kristin Neff for more information on self-compassion. She carries a PhD and many video's to share on her website and You Tube.)

According to Kristin Neff, Self-compassion has three main components:

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

Self-kindness entails being warm and caring toward ourselves when things go wrong in our lives.

Sometimes I hear my own thoughts and how I criticize myself. I would never ever talk to a friend like that.

Common humanity recognizes the shared nature of suffering when difficult situations arise, rather than feeling desperately alone.

And **mindfulness** refers here to the ability to open to painful experience (“this hurts!”) with nonreactive, balanced awareness. Taken together, self-compassion is precisely the opposite of our typical reaction to internal threat—self-criticism, self-isolation, and self-absorption.

I would also like to add **Non-judgment** here. Not to label your difficult experience with **good bad right or wrong**.

Research suggests self-compassion it is a key to: **reducing anxiety, depression, and procrastination, and increasing emotional intelligence, motivation, accountability, social**



connection and satisfaction, better relationships, optimism, genuine happiness, greater strength in resolving conflict.

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

When you think about loving kindness or compassion for yourself it's hard to feel it! Mindfulness is really the quality of wanting it; asking yourself: 'what's happening here?' and can I feel self-compassion. If you keep practicing it in meditation new synapses are made in the brain and nature cooperates.

We bump into our assumptions - our habits of mind. This is what we are learning: by observing it mindfully, you can relate to yourself and your thoughts and feelings in a different way.

Compassion

We feel compassion for ourselves is really the response to suffering. When things are hard. Where a situation is different that what you expected or wanted it to be. Just to see it is an act of compassion and with mindfulness we can see: hey, this is going on, this is hard for me.

Loving Kindness

And Loving Kindness or friendliness to ourselves is a well wish to ourselves. "May I be Happy". A Genuine expression of gladness to ourselves.

Both have the same source in ourselves: LOVE

Mind

So the **mind** is trained to take position, have an opinion; to have a mental construct of something.



Feelings

Now often when we feel something, our physical response is that we tend to move away from it. Hot stove, pain in our hearts.

However small the suffering *suffering*. An email from your boss that you should have answered to great global disasters. Remember suffering is merely something that is different to what you hoped or expected.

Being is about **Mindful awareness**:

Can You:

1. Turn towards suffering -
2. Lean in to suffering - to be with it without judging it
3. Bear witness to suffering -

You don't have to do anything, just be with it, See it. See yourself the way you meet others.

The seeing is compassion.

When we encounter suffering in others as well as ourselves the hearts natural response is compassion.

We are looking to recognize it and cultivate it for our wellbeing and to work with our resistance to change.

Our common humanity.



[Meditation and self-compassion exercise]

This meditation and exercise can be found in the course environment. www.berooted.nl/wellbeingatvmware

[10:25 - 10:45 Exercise]

In dyads work with the following exercise.

Self-compassion through Reflection

Please take a moment to greet each other and decide on who is going first to share:

1. Settle the mind/relax into the moment of the here and now
2. Open your eyes and silently acknowledge each other's presence

Each take approx. 8 minutes to speak: I will broadcast when its time.

1. Ask each other:

- Please tell me about what came up for you during the settling in exercise.
- What did you notice after you heard the 3 phrases:
 1. This is a moment of suffering
 2. Suffering is a part of life
 3. May I be kind to myself



2. **Debrief together:** take a moment to reflect together on how the experience of this exercise was for you.

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

HOMEWORK

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

1. Continue your practice
2. Check out the week 5 and 6 exercises in the course environment
3. Do the Self Compassion Scale by Kirsten Neff
4. Read and listen about self-compassion in the course environment