

Webinar Series: A Ripple of Thoughtful Words for Communication at End-of-Life in LTC

COMPASSION AND SELF-COMPASSION

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ACKNOWLEDGEMENT

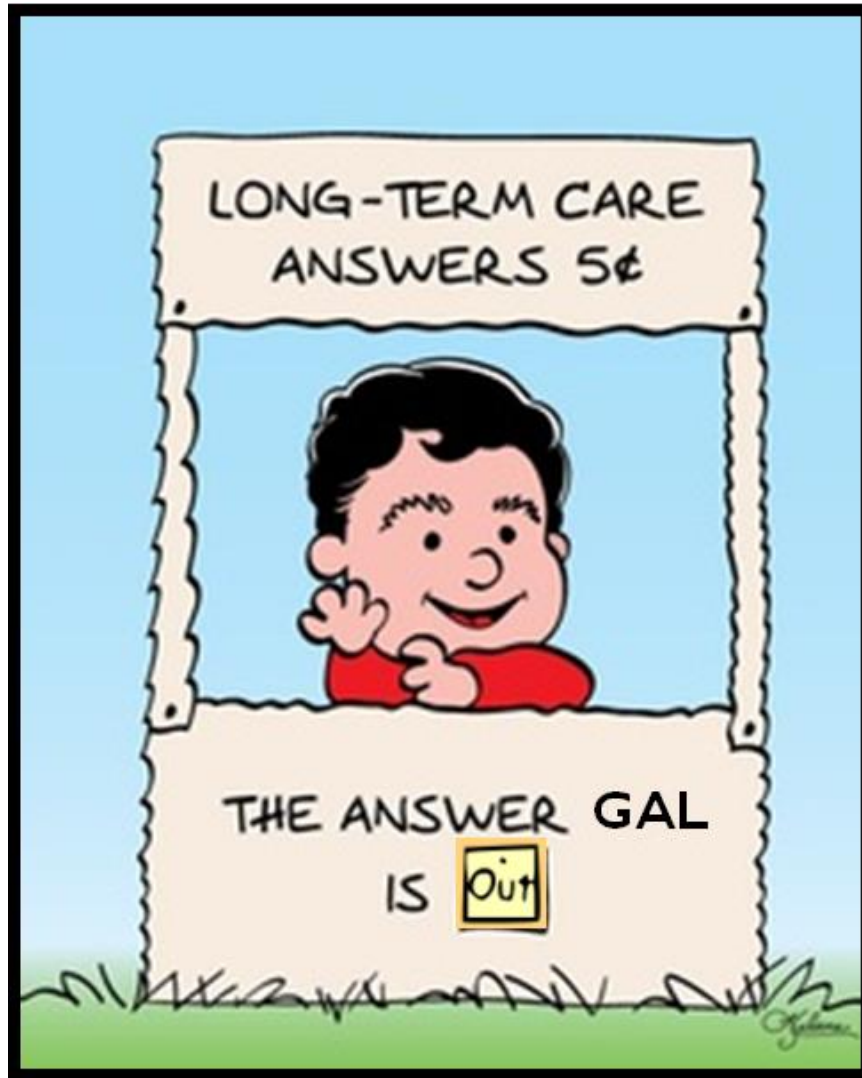


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**A conversation doesn't
have to be long
to be significant.**

**A few thoughtful words
can help a lot.**





**People usually don't want
or need answers, just
understanding.**

Proposed PATH of “Ripples of Thoughtful Words.”

PAUSE – Breath, be present with oneself

AWARENESS – Reflection/mindful moments, thoughts and feelings

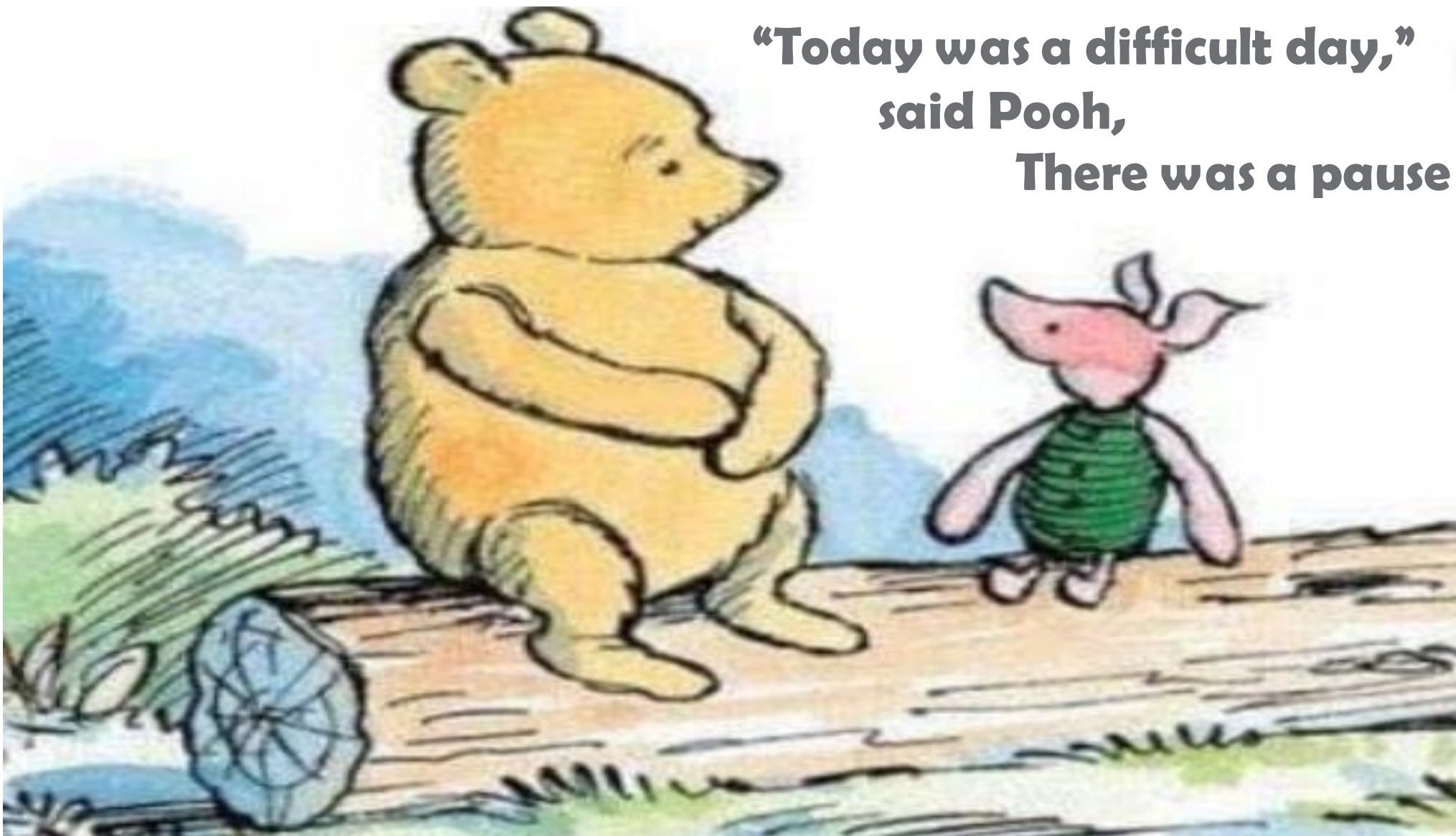
THEME/**T**OPIC OF THE DAY – Reflection and a few thoughtful words

HELPFUL/PRACTICAL TIPS – Techniques and tools





**“Today was a difficult day,”
said Pooh,
There was a pause.**



Stop.

Take a breath.

Observe your thoughts and feelings.

Pause. Proceed mindfully.



(Mindfulness practice)

Honour and remember
those who have died



EMPATHY and COMPASSION

Empathy: The ability to take on the perspective of and feel the emotions of another person.

- As a result, the caregiver strengthens the relationship bond and the resident feels the comfort of being understood.

Compassion: “To suffer together”.

- Latin roots:
COM - Together with
PATI - To bear or to suffer.
- The feeling that arises when you are confronted with another’s suffering and feel motivated to relieve that suffering. NOT PITY, it is about recognizing that everyone is human and imperfect. You are identifying with the person you see struggling/suffering.

SELF-COMPASSION

- Having the same compassion toward yourself that you have toward others.
- Self-compassion is about taking this feeling and turning it inward towards ourselves.
- Research shows that people who practice self-compassion are happier, less stressed, and more resilient.



Self-Kindness

Extending kindness and understanding to oneself rather than harsh self-criticism and judgment.

Common Humanity

Seeing one's experiences as part of the larger human experience rather than as separating and isolating.

Mindfulness

Holding one's painful thoughts and feelings in balanced awareness rather than over-identifying with them.

Self-Compassion

Based on work by Kristin Neff, e.g.: Neff, K. (2003). Self-compassion: An alternative conceptualization of a healthy attitude toward oneself. *Self and Identity*, 2(2), 85-101.

HELPFUL TIPS for SELF-COMPASSION

1. SOFTEN THE VOICE OF THE INNER CRITIC/SELF TALK

- Harsh tone?? Pause – change the tone to warm and kind
- Negative Self Talk induces the stress hormone (cortisol) in our body
- Say encouraging things
- Be kind and supportive



HELPFUL TIPS for SELF-COMPASSION

2. DO THINGS THAT NOURISH YOU

- Rejuvenate, relax and recharge
- Experience joy
- Laugh
- Walk
- Do something creative
- Meditate
- Stay connected with loved ones
- Read a book
- Garden



COMPASSION BREAK

3. TAKE A COMPASSION BREAK

- We all have moments of pain, distress, feel heartbreak, overcome with anxiety, hopelessness etc.
- PAUSE – tune into your body
- See if you can locate and feel into where you feel the physical sensations of the emotion in your body





COMPASSION BREAK – Think, feel and say...

STEP 1: MINDFUL ACCEPTANCE OF WHAT IS HAPPENING.

By doing this you begin to let go of hardening against, and struggling with, what is happening.
You say... “This is a moment of suffering...”

STEP 2: REALIZING OUR COMMON HUMANITY

There is no need for us to feel so alone in our experience, this is a normal part of being human.
You say... “Suffering is a part of life and I am not alone.”

STEP 3: OFFERING YOURSELF COMPASSION AND SOOTHING

Bring kindness into the midst of your pain by a gesture of self-compassion (hand over your heart).
You say... “May I be kind to myself.”

STEP 4: (Optional extra step)

Ask yourself... “What do I need right now to express kindness to myself?”

**“SELF-COMPASSION asks,
What’s good for you?”**

- Kristin Neff



QUESTIONS?

If you are looking for more resources and support, please visit:

<http://www.clri-ltc.ca/COVID19>

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