

**BUILDING RESILIENCE (emotional & mental strength)**

**Session 7. Self compassion**

**Notes**: “Wow” moments (make a note of the things which make you “click”…ie “wow moments” eg. key ideas, thoughts or statements – you can then refer to them in future)

* Who do I compare myself to?
* Why does it hold me back?
* How can acknowledgement of others successes – but in a positive way – help?

1. Recognise when you ENJOY something



Apathy

Anxiety

1. Recognise if it SOOTHES or ENERGISES you
2. Recognise what you need when you feel down – is it an energizer to RAISE your vibe, or a relaxer to CALM your anxiety! (and remember What works for one may not work for the other)

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| **ACTIVITY I LOVE** | **Energizer Checkmark with solid fill** | **Relaxer**  **Checkmark with solid fill** |
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**Empowering phrases:**

* What support would you like from me?
* How will that help – what can YOU do to help yourself?
* Who can you speak to about this?
* What is your decision?
* What would YOU like to happen?

**Compassion challenge:**

* 1 Random act of kindness

OR

* 1 Expression of congratulations at someone else’s success

OR

* Express love in the way that someone you care for likes it – not the way YOU like it (5 languages: gifts, quality time, compliments, intimacy, acts of service)

OR

* Know that you can CHOOSE your behaviour – and try to choose the kindest form of expression **(remember “survival mode” – *people who are suffering are NOT on their “best behaviour”!...why make it worse for them?)***

**Ask yourself:**

For YOU

* What do I need right now?
* Is this a common need? (e.g. a lottery win is not a “need”, but a food and water is)
* How can I supply it to myself?

For OTHERS

* Consider in our interactions – *is this person happy?*
* *Does this person have fears?*
* *Is this person JUST LIKE ME?*

Summary:

* The best solution to a problem is one that **you can effect!**
* “Intending and not acting” is not intending – it’s empty talk. **An intent is a conscious choice to act.**
* Try three reflections on relationships:
  + What have I received from this person
  + What have I given to this person
  + **Is my not receiving what I needed from this person more about their not being in the place to give it (and vice versa) – and can I forgive them or myself?\***

*\*note: we forgive for ourselves (we do not need to “forget”)*

* Instead of forcing for an outcome that may still be uncertain – can you instead wish for strength to cope?
* Compassion is important for connection – even the most mentally strong can only take so much
* The solutions to our problems WILL often need co-operation of others, BUT we can always try the best we can to be in the position to invite the help we need
* TRY THIS REFRAME – *just like you* EVERYONE has a story, if you are faced with the outcome – perhaps unkindness, rudeness, defensiveness – *be grateful you were shielded from the story itself that caused that behaviour!*

**IN MY LIFE:**

* Have I been loved?
* Have I loved others?
* Have I brought joy to the world?
* Has my existence mattered to others’ wellbeing?
* Have I made my life purposeful?

**May I, every day in every way,**

**Strive to make the world a better place than when I came into it**

**(Buddhist Prayer)**

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**YouTube: Dr Audrey Tang https://www.youtube.com/channel/UCnn8-Waxrg6TmuNPHL1NQmg?view\_as=subscriber**

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