

Wellness Session for Farsi-speaking individuals: Self-Compassion + Affirmations

Slide 2: Intro

Today, we're here to talk about self-compassion, and of course, give you a safe space to share challenges you may be experiencing right now. But first, we'll go over the group norms and do a quick poll to see how you're doing.

Slide 3: Group Norms

- Inclusive, safe-space
- Respect for oneself and others
- Non-Judgmental Space
- Only talk when other person is done talking
- Confidentiality' what happens here stays here
- Avoid interrupting the translator
- Shared goals
- No pressure - participate at your own comfort level

Slide 4: Poll 1: Check-in with Yourself: How Are You Feeling Today?

1. I am thriving and ready to help others thrive too!
2. I am feeling good and getting what I need
3. I look fine on the outside, but I'm feeling turbulent
4. I could use some extra care and support
5. I'm struggling with lots of problems and feeling overwhelmed
6. I'm burnt out!

Please select one option that represents your feelings most at this moment, and enter the number in the chat.

Slide 5: Breathing Exercise (**ACTIVITY PACKET PAGE 4**)

- We do breathing exercises to feel grounded and relax in the moment. It can be a helpful tool in calming you down biologically, even if your mind is in an anxious state – ex. feeling overwhelmed/stressed
- Box breathing is a simple way to add breath work and meditation to your day. You can trace your finger around the box while following the arrows to inhale, exhale and hold.
- Follow along... Repeat until you feel relaxed.

Slide 6: Self-Compassion

- Having compassion for oneself is really no different than having compassion for others. Self-compassion involves responding in the same supportive and understanding way you would with a good friend when you have a difficult time, fail, or notice something you don't like about yourself.
- Self-compassion is the ability to observe and accept your mistakes with understanding and kindness. Particularly, it is accepting the less-than-awesome aspects of yourself in a nonjudgmental manner. By accepting and understanding who we presently are, we gain

knowledge. We become aware of both our strengths and our weaknesses. This broader perspective of ourselves helps us to function more effectively.

Slide 7: 3 Components of Self-Compassion: (ACTIVITY PACKET PAGE 1)

Self-compassion has 3 components: being as caring toward yourself as toward others, recognizing that suffering is a universal human experience and you're not alone, observe feelings without amplifying or suppressing/denying them. Think about it in terms of the pandemic right now...

- Mindfulness: Explore your own feelings, take a few deep breaths and **observe the feelings** that arise; there's no need to act on the feelings, just observe (e.g., I'm feeling down. I've been irritable today. This is stress)
- Self-Kindness: Validate your feelings, **offer gentleness and warmth**; "may I be kind to myself", "may I accept myself as I am"; place a hand on your heart
- Focus on Common Humanity: These feelings are normal responses to an abnormal situation; **I'm not alone**; this is a very challenging time; other people feel this way too
- ACTION: Compassionately and intentionally plan ways to take care of yourself; reach out for compassion and support from others.

SCENARIO: You're trying to get the house cleaned

- Mindfulness: overwhelmed, stressed
- Self-Kindness: Be gentle and kind to yourself, REFRAME: I've completed _ tasks already
- Common Humanity: Everyone has to clean, and it can feel stressful and overwhelming for many people
- Action: Make a list, take it one step at a time, and give myself grace and patience, repeat reframed thought: I will do one thing at a time, and celebrate my small wins/accomplishments.

Slide 8: "I DID IT LIST" image

- Celebrate your wins/accomplishments

Slide 9: Self-Compassion Activity (ACTIVITY PACKET PAGE 2)

1. Think about a situation where someone you care about feels terrible or is suffering in some way. Think about how you would respond to that loved one (including how you would feel and what you would do/say).

Slide 10:

2. Now think about a time when you are feeling terrible or suffering in some way. How do you typically respond to yourself?

Slide 11:

3. Did you notice a difference? If so, what might contribute to that difference? What would happen if you responded to your own suffering in the way you respond to a dear loved one?

Myself Others

Many people are more comfortable and skilled at offering compassion toward others (especially loved ones, friends, family members, and children). Compassion for others is a

perfect starting point for turning compassion toward yourself and offering yourself the empathy, warmth, and support you deserve.

MORE SCENARIOS

Scenario 1: You've gotten a lower grade on your test than you hoped

- Mindfulness: I am disappointed, I feel stressed about the effects of this low grade.
- Self-Kindness: May I recognize that I tried my best, I will recognize that I am bettering myself by pursuing an education
- Common Humanity: School is stressful for students, and other people in my class are likely to experience this feeling too. It is a normal response.
- Action: I will celebrate the knowledge I did learn that I might not have known before, and I will create a plan to adapt my study strategy and find classmates to study with.

Scenario 2: You've broken a cherished item while carrying a lot in your hands.

- Mindfulness: I am sad, I am angry
- Self-Kindness: You may think "I am clumsy" "I always break things" but try to challenge your thinking. May I recognize that this was a mistake. May I recognize that I sometimes drop things when I am trying to carry too many items in my hands.
- Common Humanity: It is a normal reaction to be sad or angry about breaking something that you care about.
- Action: I will find an activity that often makes me feel happy. I will try to take more trips and carry less.

Other Ways to Boost Your Self-Compassion

- WRITE YOURSELF A LETTER: This activity is included in your handout!
- WRITE DOWN YOUR SELF-TALK: If you are self-criticizing because you said or did the wrong thing in a situation, write down the self-critical words that come to mind, and then ask if you would ever say these words to a friend. What would a friend say?
- DEVELOP A SELF-COMPASSION MANTRA: Here is the self-compassion Neff developed for herself: "This is a moment of suffering. Suffering is part of life. May I be kind to myself in this moment; may I give myself the compassion that I need." You can turn to your self-compassion mantra, as a focus for your mind but also to provide yourself with emotional support, so you can deal with the situation with more grace.

Slide 12: Write your Own Affirmation! (ACTIVITY PACKET PAGE 3)

One way to be compassionate towards yourself is through affirmations. Consider your moments of growth, your favorite attributes about yourself or things you are grateful for. You should aim to affirm the feeling of already having what you desire, rather than things you are trying to avoid.

I am... I know... I have... I love... I choose.. ...or any other affirmative statement

Slide 13: Affirmation Examples:

- I create a safe and secure space for myself wherever I am.
- I give myself permission to do what is right for me.

- I give myself space to grow and learn.
- I allow myself to be who I am without judgment.
- I listen to my intuition and trust my inner guide.
- I accept my emotions and let them serve their purpose.
- I give myself the care and attention that I deserve.
- My drive and ambition allow me to achieve my goals.
- I trust that I am on the right path.
- I am creatively inspired by the world around me.
- My mind is full of brilliant ideas.
- I put my energy into things that matter to me.
- I trust myself to make the right decision.
- I am becoming closer to my true self every day

Slide 14: Discussion

Round Robin Activity:

What are some things you can say/do to be more compassionate towards yourself? **OR** what is an affirmation you can say to yourself? Especially in your role as ____

Slide 15: Poll 2: Check-in with Yourself: How Are You Feeling Now?

After participating in this session...

1. I am thriving and ready to help others thrive too!
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Slide 16: Thank You

Thank you for listening to us and also sharing your thoughts. Please be sure to use the self-compassion and affirmation activity worksheets we've provided – hope it's useful to you!