



# Caring for You

With the Essential Elements of  
Personal Values and Self-Compassion

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# Signal Breath

- **Step 1:** Rate your level of tension
- **Step 2:** Take a deep breath and hold it for 3 or 4 seconds
- **Step 3:** Breathe out slowly while saying a word or phrase to yourself, such as “relax,” “peace,” or “calm down.”
- **Step 4:** While exhaling, let your jaws, shoulders and arms go limp
- **Step 5:** Repeat these steps two more times
- **Step 6:** Rate your level of tension



# Self-compassion



# Self-Compassion

- Qualities of compassion in **regard/relation** to oneself. Involves:
  - **Self-kindness.** Entails being warm and understanding toward ourselves when we suffer, fail, or feel inadequate (rather than ignoring our pain, needs, or criticizing ourselves)
    - Self-gentleness
- **Common humanity.** Involves recognizing that suffering and personal inadequacy are part of the shared human experience (rather than being something that happens to “me” alone)
  - The very definition of being “human” means that one is mortal, vulnerable and imperfect.
  - We are all in this together 😊.

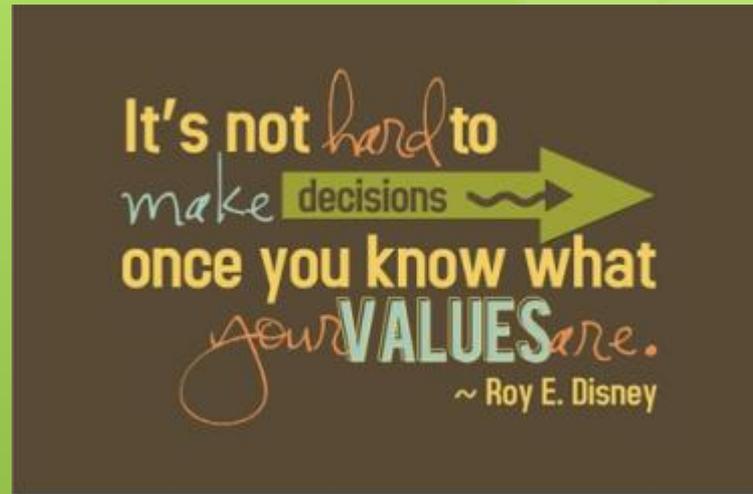
# Self-Compassion and Mindfulness

- Self-compassion also requires taking a balanced approach to our negative emotions so that *feelings are neither suppressed nor exaggerated*.
  - This equilibrated stance stems from the process of relating personal experiences to those of others who are also suffering, thus putting our own situation into a larger perspective.
- Self-compassion is not self-indulgence or self-pity

# VALUES

Values are chosen qualities of purposeful action that are not attained as an object or outcome, but are represented moment by moment.

Concrete goals that are consistent with your values can be achieved.



# Values Exercise

- What do you want in your life? What do you want to change in your life to better YOUR experience?
- *Why* do you want it?
- Values Bullseye Exercise. What value is present?

# The Willingness and Action Plan

My goal is to (be specific):

The values underlying my goal are:

The actions I will take to achieve this goal are (be specific):

The thoughts/memories, feelings, sensations, urges I am willing to make your for in order to achieve this goal are:

If necessary, I can break down this goal into smaller steps, such as:

The smallest step, I can begin with is:

The time, day and date I will take my first step is:

# SUPPORTIVE RELATIONSHIPS

We are here for  
CONNECTION.  
We are hard-  
wired for love  
and connection!

*"Sometimes our  
greatest dare is  
asking for  
support".* –Brene  
Brown

