



# Parent Wellness Support

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With Joy Phillips, Wellness Counselor

[jphillips@mercyhsb.com](mailto:jphillips@mercyhsb.com)



# Agenda

- Check-in
- Questions, Concerns, and Support Seeking
- Cultivating Self-Compassion
- Resources



# Check-in

- Please introduce yourself and share, briefly, how you are doing?
- What brings you to this group today?
- What do you need/want from our Parent Wellness Support Group this semester (e.g. time to connect with other parents, wellness tips, parenting support, time for centering/grounding etc.)?



# Questions, Concerns, and Support Seeking

- ?????



# What is Self Compassion?

**Compassion** is the ability to show empathy, love, and concern to people who are in difficulty, and **self-compassion** is simply the ability to direct these same emotions within, and accept oneself, particularly in the face of failure.



# Why is Self-Compassion Important?

Research shows great self-compassion leads to:

- Better Health
  - Reduces symptoms of anxiety and depression
  - Reduces stress
- Improved Relationships
  - Decreased isolation
  - Decreased self-consciousness and social comparison
- Improved General Well-Being
  - Increased productivity
  - Increased resilience
  - Increased motivation to learn and grow for intrinsic reasons



# Self-compassion is:



## Mindfulness

Recognizing when stressed or struggling, without overreacting or being judgmental towards yourself.

**Seeing self objectively**



## Self-kindness

Being supportive and understanding towards yourself during a hard time, rather than being self-critical.

**Non-judgment of the self**



## Humanity

Recognizing that you are not alone in the mistakes you make or the difficulties you might experience.

**We all make mistakes**



# Practices for Cultivating Self-Compassion

Begin by asking:

- How do I want to treat myself?
- What is actually most conducive to my well-being and potential?

Self-compassion



Self-criticism



Which side would you rather cultivate?

# Practices for Cultivating Self-Compassion

## Write yourself a letter



Imagine that you are writing to your friend what a compassionate friend would say to you. Write it down, and read it later.

## Write down your self-talk



Write down self-critical words that come to your mind, and ask if you would say these words to a friend.

## Develop a self-compassion mantra



Develop easy-to-remember self-compassion phrases to help you get a hold of yourself.

## Meditation



Meditation is a process by which, through contemplation and relaxation, we can begin to loosen the grip of self-critical thoughts and emotions.

# Modeling Self-Compassion at Home

- Accept your feelings
- Label emotions out loud
- Apologize when necessary
- Practice mindfulness, meditation, and self-care



# Compassionate Mindset Meditation

**Place your hands on your heart (optional) and begin by breathing deeply for six breaths**

- *May I be filled with lovingkindness.*
- *May I be safe from inner and outer dangers.*
- *May I be well in body and mind*
- *May I be at ease and happy*



# Resources

Podcast Suggestions:

- [Ten Percent Happier](#)
- [Happiness Lab](#)

Additional resources:

- [Self Compassion Meditations](#) (check out the specific meditation for caregivers!)
- [The Art of Gathering: How We Meet and Why It Matters](#)
- Mercy [Counseling and Wellness Resources](#) link.

Continue reaching out to counselors, teachers, administrators if you or your student needs support-- we are all here for you!

