Compassion Resilience – Self Care Snapshot Series:

Expectations and Affirmations

Emily Jonesberg, MSW, LCSW (she, her, hers)

Toolkit url: Compassionresiliencetoolkit.org
Mindful Opening

MINDFULNESS

Relax, Relax, Relax

Breathe

Cloud Gazing

Exercise

Spend time with nature

Walk Barefoot

Open Mind

Relax

FORGIVE

FORGIVE

FORGIVE

Plant

Cook

Take a bath

Take the dog for a walk

Guided meditation

Chat with friends

Listen
Building Our **Compassion Resilience**

- The power to return to a position of empathy, strength, and hope after the daily witnessing of the challenges others face in our community and in our homes.
- To be optimistic in an imperfect world.
Self-Care Snapshot

January – Recognizing Compassion Fatigue
February – Compassion in Action
March – Self-Compassion
April – Locus of Control
May – Compassionate Boundaries
June – Expectations and Affirmations
July – Wellness Strategies
August – Connecting to Our Purpose

compassionresiliencetoolkit.org
RENEWAL vs. PATHOLOGY — Leaving the profession, physical and mental illness, chronic symptoms or hardiness, resiliency, transformation.

ZEALOT — We are committed, involved, and available, ready to problem solve and to make a difference. We are willing to go the extra mile.

IRRITABILITY — Anger and cynicism, diminished creativity, sadness, feeling helpless or hopeless.

ZOMBIE — A sense that you can’t ever do enough, inflated sense of importance, sleeplessness, sense of persecution.

WITHDRAWAL — Overwhelmed by complexity, chronic exhaustion, physical illness, difficulty empathizing, feeling numb to other’s pain, absenteeism.

(Cycle is from work of Eric Gentry, PhD, 2012)
Expectations
# Exploring Your Own Expectations

<table>
<thead>
<tr>
<th>Expectations of self</th>
<th>Expectations of child</th>
<th>Expectations of partners or extended family members</th>
<th>Expectations of people in helping professions</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Example</strong></td>
<td><em>I should always stay calm when my child is upset.</em></td>
<td><em>My child should appreciate how hard I try to be a good parent.</em></td>
<td><em>My partner/family member should have the same priorities as me.</em></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>My Examples</th>
<th></th>
<th></th>
<th></th>
</tr>
</thead>
</table>
Types of Expectations

**Too high** - “I expect my child to be kind at all times.”

**Too low** – “Of course my child is mean to others, like all kids.”

**Not stated** – “Why do I have to tell her? She ought to know.”

**Stated but unclear** – “Be kind!”

**Clearly stated** – “Please be a kind friend by smiling and asking her if she would like to play with you.”

**Unrecognized** – “I didn’t realize I expected my child to be kind in all social situations.” Often you don’t realize it is an expectation until it is not met.
Todd is undergoing his first teacher-parent conference in quite a while. He cares for his 13-year-old niece and hasn’t gone to her conferences in recent years. He is excited to communicate with his niece’s homeroom teacher because he has noticed his niece seems down a lot lately. He’s discouraged to find that the teacher does not appear to really know his niece and doesn’t seem to take the conversation as seriously as he had hoped. After this meeting, he starts to blame the teacher for his niece’s moods and feels angry that she is not getting the support she needs at school.
Impact of Temperament on Expectations

- Activity Level
- Distractibility
- Intensity
- Regularity
- Sensory Threshold

- Approach/Withdrawal
- Adaptability
- Persistence
- Mood
Turning Unrealistic Expectations into Affirmations
No matter how well I parent, it will never be good enough for my child.

I can’t feel good about myself unless I am successful in alleviating my child’s challenges.

I am good enough today as the person I am. While I will strive to do better in my parenting, I accept who I am today.

I will be there with my children as they face complex challenges. Together, we will learn what works and how to deal with what we cannot change.
Thank you for your time and attention.

Emily Jonesberg
Rogers Behavioral Health
Emily.Jonesberg@rogersbh.org