Mindful Self-Compassion: An Essential Practice for Parents and Caregivers of Children with Special Needs

WI FACETS - January 11, 2023
Barbara Moser, MD (retired from active clinical care)
Mindful Self-Compassion Instructor
Mindful Self-Compassion Program

Developed by Christopher Germer and Kristin Neff in 2010

Compassion

The emotional response when we become aware of distress and suffering in others, along with an authentic desire to help alleviate that distress and suffering.
Mindfulness - awareness of present moment experience with acceptance
Let’s Practice Together
How Do I Treat A Friend?
Informal Definition of Self-Compassion:

Self-Compassion is treating ourselves with the same care and kindness as we would treat a good friend.
Self-Compassion - 3 Elements
as defined by SC researcher Kristin Neff, PhD

• Mindfulness (vs. Over-Identification)

• Common Humanity (vs. Isolation)

• Self-Kindness (vs. Self-Judgment)
Let’s Practice Together
Supportive Touch/
Self-Compassion Break
Mindful Self-Compassion asks “What do I need right now?”

We give ourselves compassion, not to feel better, but *because* we feel bad.
Caregiving (Compassion/Empathy) Fatigue
Let’s Practice Together
Giving and Receiving Compassion
These practices help me in my “Care of Self”

• Mindfulness – STOP, breathing, being with difficult emotions
• Self-compassion – gentle self-talk, supportive touch
  Remembering to be on my own side
  – Giving and Receiving Compassion practice
  – Letting go of things I cannot control
• Turning toward the good and taking it in – savoring and gratitude
• Following my core values as guideposts
• Connecting and receiving support from people who care about me
• Getting outside, nature, animals
Learn More about the Compassion Resilience Toolkit and Mindful Self-Compassion Program and Practices:

• Center for Mindful Self-Compassion: https://centerformsc.org/
• Kristin Neff’s website: https://self-compassion.org/
• Christopher Germer’s website: https://chrisgermer.com/
Offering training, education, and consultation: Mindful Self-Compassion and Compassion Resilience in Wisconsin and virtually

Barbara Moser, MD
CompassionMKE

https://www.compassionMKE.com/
Barbara@compassionMKE.com
“A moment of self-compassion can change your entire day. A string of such moments can change the course of your life.”

-Christopher Germer
QUESTIONS???????

I’m all ears

Thank You!!!