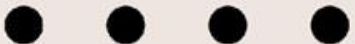


Self-compassion Practices in the Postsecondary Environment

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Learning Objectives

1. Describe what self-compassion practice is and what this looks like in action.
2. Utilize self-compassion practices to support the holistic health, emotional wellbeing and resilience in yourself and others.



Why Do We Need to Care About This?

- According to the [2018 National College Health Assessment](#) in the last 12 months:
 - 62% of college students have felt overwhelming anxiety
 - 85% of students felt overwhelmed
 - 63% felt very lonely
 - 68% felt very sad
 - 53% felt hopeless in the last year
 - 41% felt so depressed it was hard to function
- The last two decades have seen an increase in the number of college students who suffer from mental health conditions, such as depression, suicide, anxiety, and alcohol abuse ([Centeno & Fernandez](#), 2020).



Harmful Health Effects of Chronic or Toxic Stress



Damage to key brain structures and circuitry
Reduced ability to cope with future stress
Increased anxiety and depression
Poor sleep
Increased inflammation
Reduced immune system functioning



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Self-compassion?

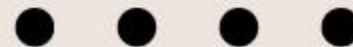
Case Study Example



Self-compassion Practice

- Self-kindness
- Common Humanity
- Mindfulness

*With a Side of Gratitude



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Self-kindness Practice





Common Humanity Practice





Mindfulness Practice





Benefits of a Self-Compassion Practice

- More:
 - Happiness
 - Life satisfaction
 - Self-appreciation
 - Improved health outcomes
 - Holistic well-being
- Less:
 - Sadness
 - Depression
 - Anxiety
 - Stress
 - Shame

Gratitude

The brain is hard wired to be like Velcro for bad experiences and Teflon for the good ones (Rick Hanson).

We are hard wired for survival not happiness.

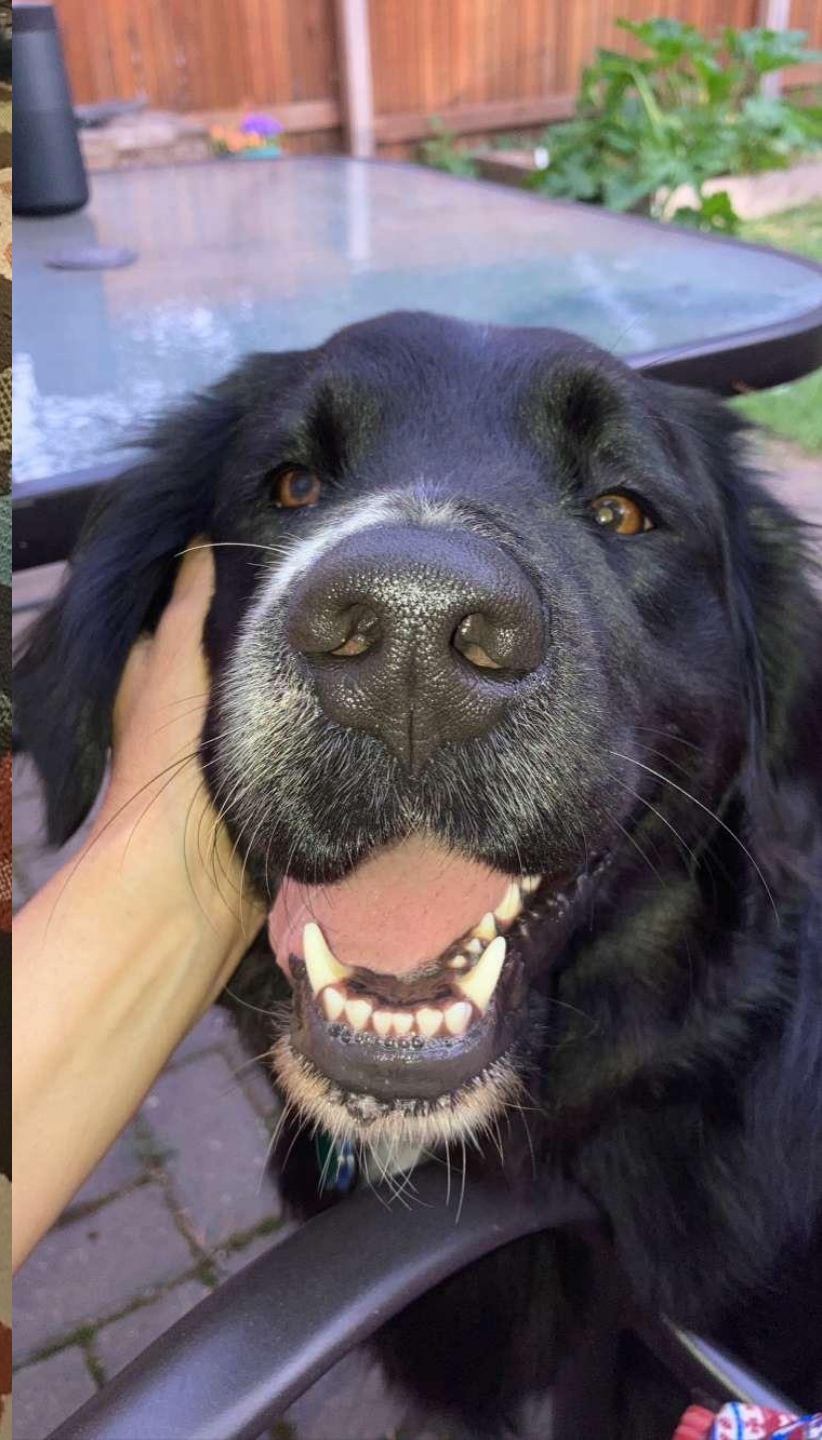
Gratitude can [change the way our brains function](#).

Gratitude can [rewire our brains](#) for resilience and optimism.

Science tells us that those who practice gratitude are happier, less anxious and less depressed.



Gratitude Practice



Ways to Practice and Role Model Self- compassion

Demonstrate self-kindness

- Talk about the differences between punishing oneself and learning from mistakes
- Treat yourself as a friend

Teach common humanity

- Talk about how we all feel this way sometimes
- Share examples of how we are all imperfect

Be mindful

- Be aware and in the moment – any moment!
- Accept good and bad without judgement, attachment or aversion

Express gratitude for self and others

- Use “thank you” instead of “I’m sorry” language
- Verbalize what you are grateful for

Questions?





What My Students Have Said

- During this class, I have reflected back on how I act when something painful happens or situations that happened that changed me. I am not always easy on myself, and it is something I need to work on. The exercises you give us really help me and I think they really benefit other people as well.

What My Students Have Said

- Going through the practices of our self compassion book and assignments, I discovered ways I was actually harming my mind with the thought process I was putting it through amongst other things I didn't know were important and being ignored. I am grateful to be guided through this process to not only help myself but so that I have the tools to help guide others in their own self journey of healing. I highly recommend this course to everyone in any field of study. Self compassion and understanding is the strength behind our motivation to do well in life.

What My Students Have Said

- I think it is a journey, not something I can just change overnight. With that being said I am on my journey and learning more every day. Prior to this class I had never heard of self-compassion or common humanity. I had heard of mindfulness, but I am gaining a greater understanding of what it is. I think so far the things I have learned in this class have helped me manage my stress levels more efficiently and effectively and also has made me happier and more positive. I am not able to maintain this at all times, but when I lose it, I am motivated to get back to it and keep practicing.

With Much Gratitude!

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