



'Self-care and Compassion' approach for young people

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Challenges for young parents

- Wide range of mental health issues;
- Impacted by multiple negative experiences in their life – some from early childhood;
- Very low self-esteem, low mood, feelings of worthlessness;
- Disrupted education, few qualifications

Our approach

- Understanding yourself, build self-esteem and self-compassion in a safe and non-judgemental way;
- Using 'lived experience' trainers;
- Help beneficiaries to learn new techniques to manage their mental health.

Course

Developing Self-Care and Compassion – 4 session over 4 weeks or 2 half days.

1. Understanding yourself
2. Developing self-compassion
3. Putting self-compassion into practice

Core Beliefs?

What does it mean?

What are your core beliefs?

Common Core Beliefs

Entitlement

- I am inferior
- I am a failure
- I am worthless

- I am entitled to special treatment
- I must be respected or I can't take it
- I can do no wrong

- Others should satisfy my needs
- If I don't excel, I'm worthless
- Others don't deserve good things

- People I love will leave me
- I am unimportant

- I am unattractive
- I am always wrong
- I am insignificant

Defectiveness

- There's something wrong with me
- I am a bad person
- I am incapable

Abandonment

- I will be abandoned if I care
- I can't be happy on my own
- I'm not as good as others
- People will leave if I set boundaries

- I am unloveable
- I don't matter
- I am unacceptable

- I am unwanted
- I am alone
- I will be rejected

Unlovable

- I don't fit in anywhere
- I am unwelcome
- I am unlikeable

Helplessness

- I am powerless
- I can't achieve
- I am weak
- I am a loser
- I am unsuccessful
- I am out of control
- I can't handle anything
- I can't change
- I am trapped

Responsibility

- I can't ask for help
- My needs are unimportant
- Everything is my fault

- I can't trust others
- I can fix people
- I have to make others happy

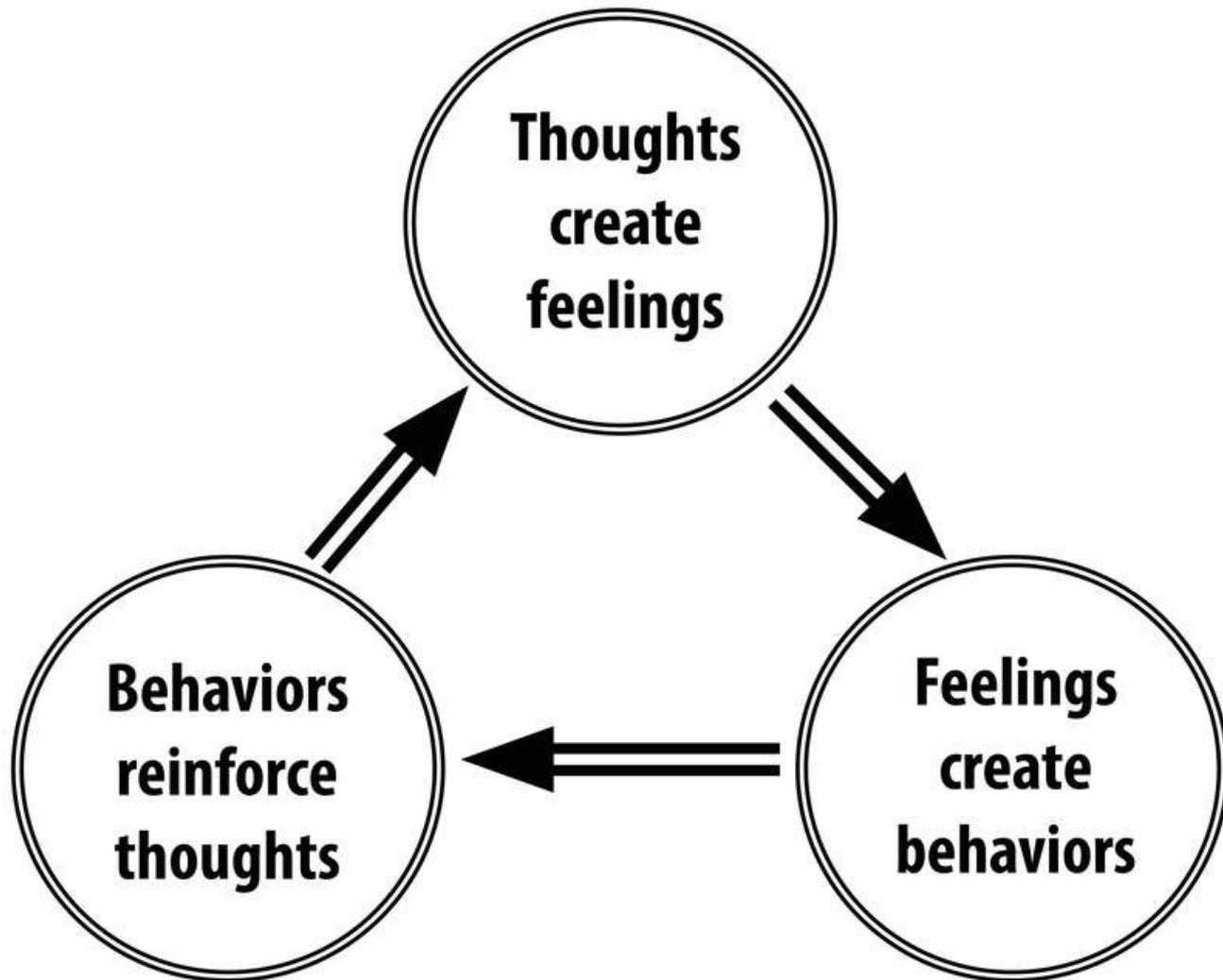
Beliefs About Yourself	Beliefs About Relationships	About Life
<p><input type="checkbox"/> I don't deserve love</p> <p><input type="checkbox"/> I must earn love to deserve it</p> <p><input type="checkbox"/> I'm not lovable</p> <p><input type="checkbox"/> To be loveable I must always agree</p> <p><input type="checkbox"/> I'm not important</p> <p><input type="checkbox"/> I'm not creative</p> <p><input type="checkbox"/> I must please others to be worthy</p> <p><input type="checkbox"/> I don't fit in</p> <p><input type="checkbox"/> I'm not capable</p> <p><input type="checkbox"/> I'm not a worthwhile person</p> <p><input type="checkbox"/> My opinions aren't wanted</p> <p><input type="checkbox"/> My thoughts are dumb</p> <p><input type="checkbox"/> I'm a bad person</p> <p><input type="checkbox"/> Bad things I've done are not forgivable</p> <p><input type="checkbox"/> I can't do it</p> <p><input type="checkbox"/> I'm stupid</p> <p><input type="checkbox"/> I'm not as smart as others so I am no good</p> <p><input type="checkbox"/> I'm clumsy</p> <p><input type="checkbox"/> I'm ugly</p> <p><input type="checkbox"/> I fail no matter how hard I try</p> <p><input type="checkbox"/> I don't deserve pleasure</p> <p><input type="checkbox"/> I have to yell to get anyone to listen</p> <p><input type="checkbox"/> I'm boring</p> <p><input type="checkbox"/> I'm not supposed to have fun</p> <p><input type="checkbox"/> It's bad to grow up</p> <p><input type="checkbox"/> I'm not respected</p> <p><input type="checkbox"/> I can't have what I want</p> <p><input type="checkbox"/> It's not okay to feel good</p> <p><input type="checkbox"/> I don't deserve happiness</p> <p><input type="checkbox"/> I'm not a loving person</p> <p><input type="checkbox"/> I must hide my true feelings</p> <p><input type="checkbox"/> I have to suffer in some way to receive love</p> <p><input type="checkbox"/> I'll never live up to my parents expectations</p> <p><input type="checkbox"/> I can't live up to my self image</p>	<p><input type="checkbox"/> I don't have what it takes to make a relationship work</p> <p><input type="checkbox"/> A relationship will only work with the right person</p> <p><input type="checkbox"/> I'll never do it right</p> <p><input type="checkbox"/> I'll never find the right person</p> <p><input type="checkbox"/> If I love I will be hurt</p> <p><input type="checkbox"/> I'll get hurt if I get too close in a relationship</p> <p><input type="checkbox"/> All the good people are already in relationships</p> <p><input type="checkbox"/> I can't attract/keep a good person with my body looking like this</p> <p><input type="checkbox"/> I'm a loser</p> <p><input type="checkbox"/> I have to take what I can get</p> <p><input type="checkbox"/> I need my partner</p> <p><input type="checkbox"/> My partner can't get by without me</p> <p><input type="checkbox"/> S/he is just after my money</p> <p><input type="checkbox"/> Men/women want only one thing</p> <p><input type="checkbox"/> Women/men can't be trusted</p> <p><input type="checkbox"/> We should enjoy doing the same things</p> <p><input type="checkbox"/> S/he should support me</p> <p><input type="checkbox"/> S/he is supposed to take care of me</p> <p><input type="checkbox"/> It is my job to improve my partner</p> <p><input type="checkbox"/> I have to protect/defend my partner</p> <p><input type="checkbox"/> It means something about me if my partner is attractive/unattractive</p> <p><input type="checkbox"/> S/he doesn't understand me</p> <p><input type="checkbox"/> S/he doesn't accept me for who I am</p> <p><input type="checkbox"/> What my partner says/does means something about me</p> <p><input type="checkbox"/> Relationships are hard</p> <p><input type="checkbox"/> Relationships don't last</p> <p><input type="checkbox"/> People I depend on will let me down</p> <p><input type="checkbox"/> I take away the energy of the person I am with</p> <p><input type="checkbox"/> The one I love will abandon me</p> <p><input type="checkbox"/> It means something about me if my relationship doesn't last</p> <p><input type="checkbox"/> Divorce is a sin/a failure</p> <p><input type="checkbox"/> I can't win so I might as well get even</p> <p><input type="checkbox"/> I'm not meant to have a relationship</p> <p><input type="checkbox"/> My family must approve of my relationship</p> <p><input type="checkbox"/> Even if I try to explain I won't be heard</p> <p><input type="checkbox"/> I must control my partner</p> <p><input type="checkbox"/> Marriage is a trap</p> <p><input type="checkbox"/> If s/he really know me, s/he wouldn't be interested</p> <p><input type="checkbox"/> I have to have a beautiful/muscular body to be desirable</p> <p><input type="checkbox"/> Romance is only for the young</p>	<p><input type="checkbox"/> People don't want to listen to me</p> <p><input type="checkbox"/> The world isn't a safe place</p> <p><input type="checkbox"/> The world is an unhappy place</p> <p><input type="checkbox"/> The world won't survive and neither will I</p> <p><input type="checkbox"/> Life is unfair</p> <p><input type="checkbox"/> Life is hard</p> <p><input type="checkbox"/> Life is full of stress and overload</p> <p><input type="checkbox"/> Men are tough, scary and angry</p> <p><input type="checkbox"/> Women are tough, scary and angry</p> <p><input type="checkbox"/> People are out to get me</p> <p><input type="checkbox"/> The world owes me a living</p> <p><input type="checkbox"/> The government always lies to us</p>

Core Beliefs

Everyone looks at the world differently. Two people can have the same experience, yet have very different interpretations of what happened. **Core beliefs** are the deeply held beliefs that influence how we interpret our experiences.

Think of core beliefs like a pair of sunglasses. Everyone has a different “shade” that causes them to see things differently.







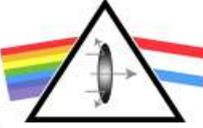
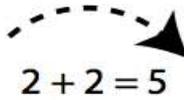
Negative Thinking Styles?

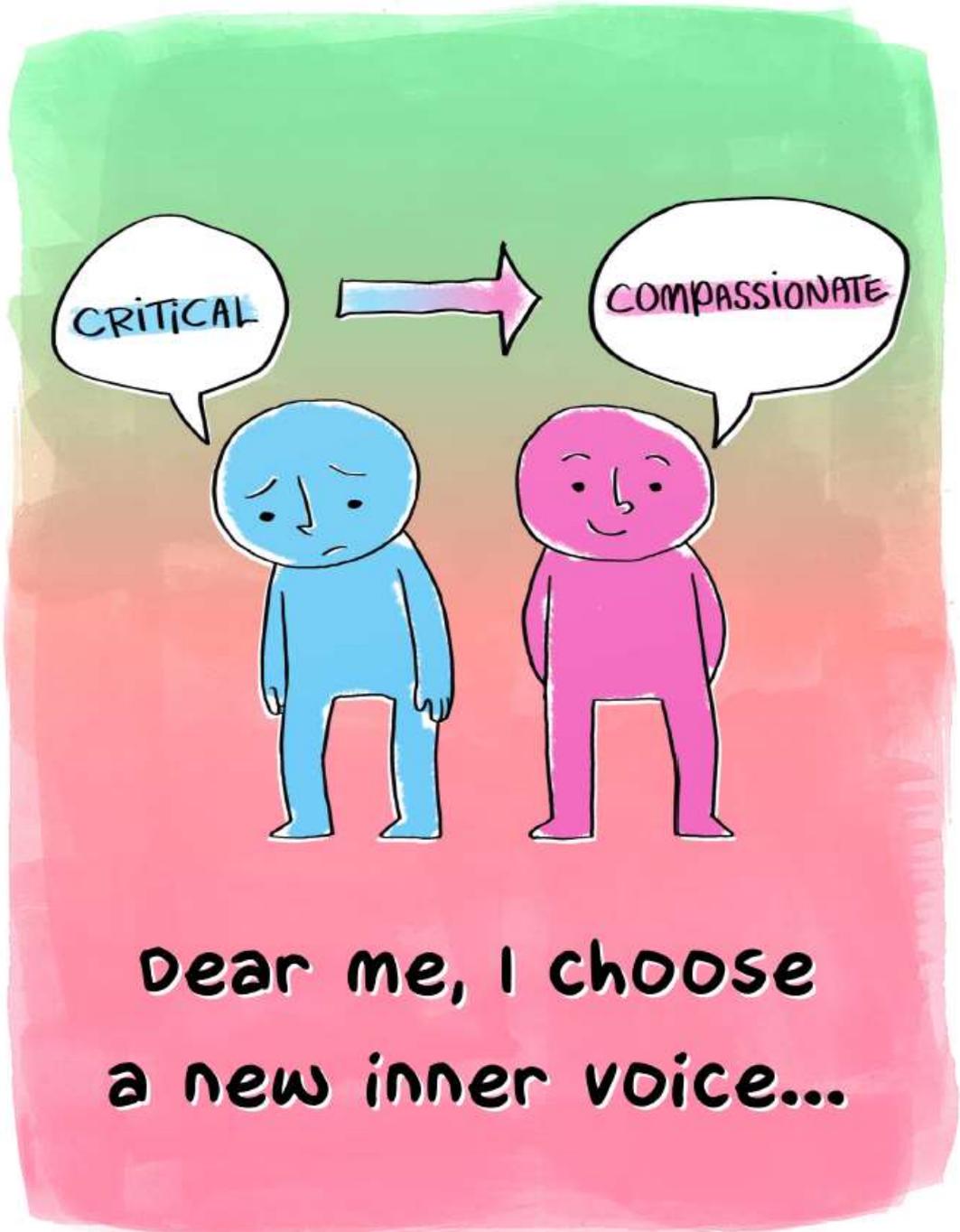
What does it mean?

What are your negative thinking styles?

Unhelpful Thinking Styles

When we are upset our thinking can change in unhelpful ways. Our thinking can become *distorted* or *unbalanced*. These are some of the most common unhelpful thinking styles. By recognising our unhelpful styles we can begin to change them.

<p>All or nothing thinking</p> 	<p>Sometimes called 'black and white thinking'</p> <p><i>If I'm not perfect I have failed</i></p> <p><i>Either I do it right or not at all</i></p>	<p>Over-generalising</p> <p><i>"everything is always rubbish"</i></p> <p><i>"nothing good ever happens"</i></p>	<p>Seeing a pattern based upon a single event, or being overly broad in the conclusions we draw</p>
<p>Mental filter</p> 	<p>Only paying attention to certain types of evidence.</p> <p><i>Noticing our failures but not seeing our successes</i></p>	<p>Disqualifying the positive</p> 	<p>Discounting the good things that have happened or that you have done for some reason or another</p> <p><i>That doesn't count</i></p>
<p>Jumping to conclusions</p>  <p>2 + 2 = 5</p>	<p>There are two key types of jumping to conclusions:</p> <ul style="list-style-type: none"> • Mind reading (imagining we know what others are thinking) • Fortune telling (predicting the future) 	<p>Magnification (catastrophising) & minimisation</p> 	<p>Blowing things out of proportion (catastrophising), or inappropriately shrinking something to make it seem less important</p>
<p>Emotional reasoning</p> 	<p>Assuming that because we feel a certain way what we think must be true.</p> <p><i>I feel embarrassed so I must be an idiot</i></p>	<p>should</p> <p>must</p>	<p>Using critical words like 'should', 'must', or 'ought' can make us feel guilty, or like we have already failed</p> <p>If we apply 'shoulds' to other people the result is often frustration</p>
<p>Labelling</p> 	<p>Assigning labels to ourselves or other people</p> <p><i>I'm a loser</i></p> <p><i>I'm completely useless</i></p> <p><i>They're such an idiot</i></p>	<p>Personalisation</p> <p><i>"this is my fault"</i></p>	<p>Blaming yourself or taking responsibility for something that wasn't completely your fault. Conversely, blaming other people for something that was your fault.</p>



Dear me, I choose
a new inner voice...

Self-compassion?

What is it??

Self-compassion involves responding in the same supportive and understanding way with yourself that you would with a good friend if you have a difficult time, fail, or notice something you don't like about yourself.

Self-compassion entails being warm and understanding toward ourselves rather than ignoring our pain or talking to ourselves with self-criticism.

WHY PRACTICE SELF-COMPASSION?

Research shows that people who are more self-compassionate are...

HAPPIER

Practising self-compassion leads to more happiness, optimism, gratitude and better relationships with others.



MORE RESILIENT

Self-compassionate people bounce back more easily from set-backs and are more likely to learn from their mistakes.



LESS STRESSED

Self-compassion is a powerful antidote to the self-criticism and perfectionistic thinking that can lead to stress, anxiety and depression.



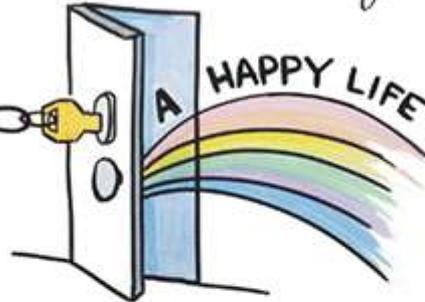
BE KIND to YOURSELF

by KRISTIN NEFF



RESEARCH
AND MORE
RESEARCH

self-compassion



SELF-COMPASSION
A SOURCE OF STRENGTH
and RESILIENCE

1 SELF KINDNESS



WE ARE AS CARING
TOWARD OURSELVES
AS WE ARE TOWARD
OTHERS

2 RECOGNIZING OUR COMMON HUMANITY



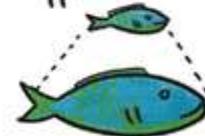
SHARED HUMAN
EXPERIENCE

3 MINDFULNESS

BEING OPEN TO THE
REALITY OF THE
PRESENT MOMENT



ACKNOWLEDGE
OUR SUFFERING
WITHOUT
EXAGGERATING
IT



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10 Self-Compassion Affirmations

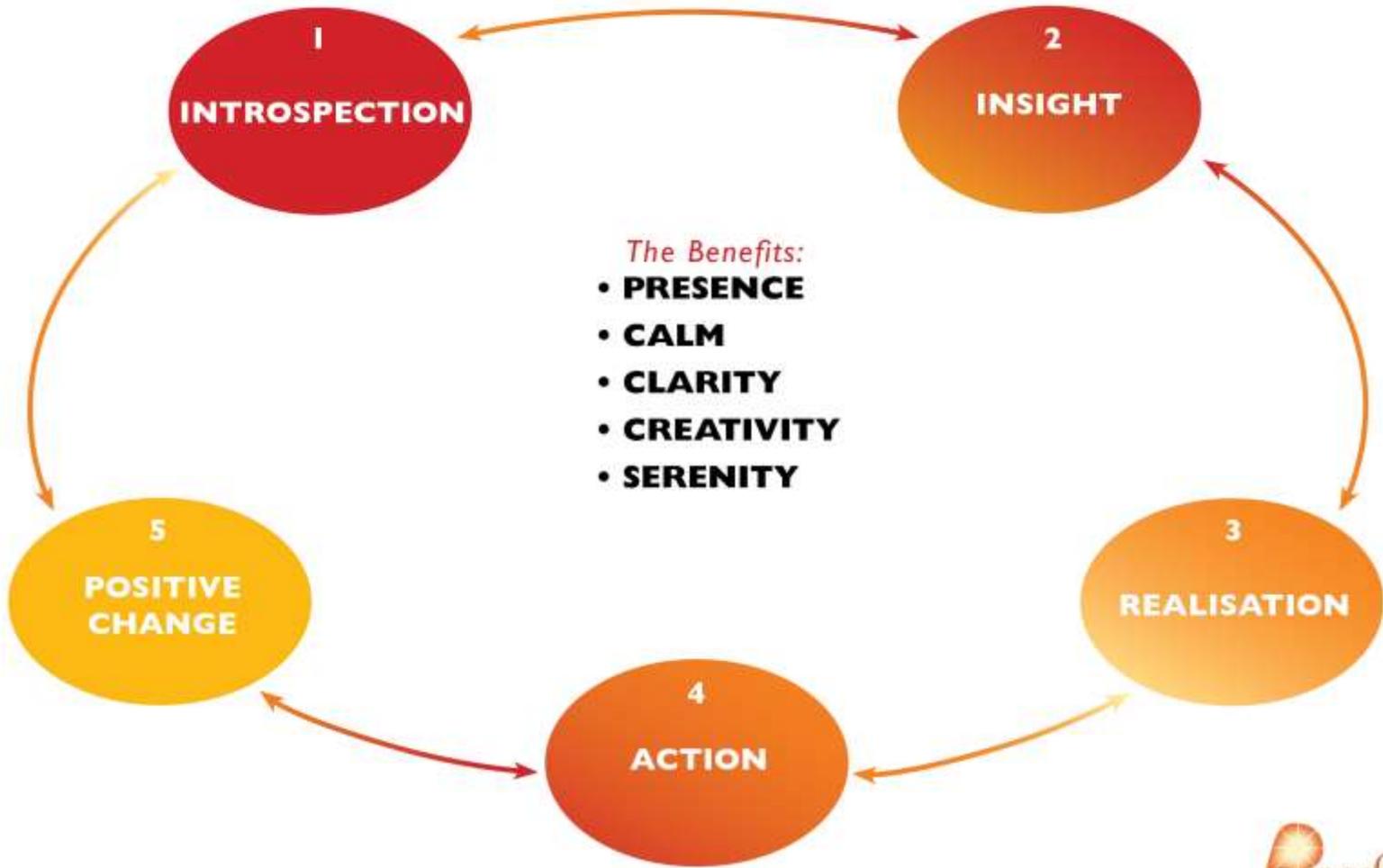
- I accept myself as I am.
- I am enough.
- I am worthy of compassion.
- I forgive myself and allow myself to feel inner peace.
- I allow myself to make mistakes and to learn from those mistakes.
- I let go of the old and make room for the new.
- Today I will treat myself with kindness.
- Like any human being, I have strengths and weaknesses, and that's OK.
- I'm healing through self-compassion.
- I give myself the gift of unconditional love.

Mindful Self-Compassion (MSC) is the process of combining the skills developed through mindfulness with the emotional practice of self-compassion. While on first glance, the two might seem highly correlated, there is a distinction to be made. To really understand how the two work together, it's good to have a definition of each concept.

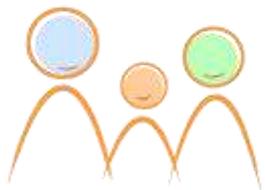
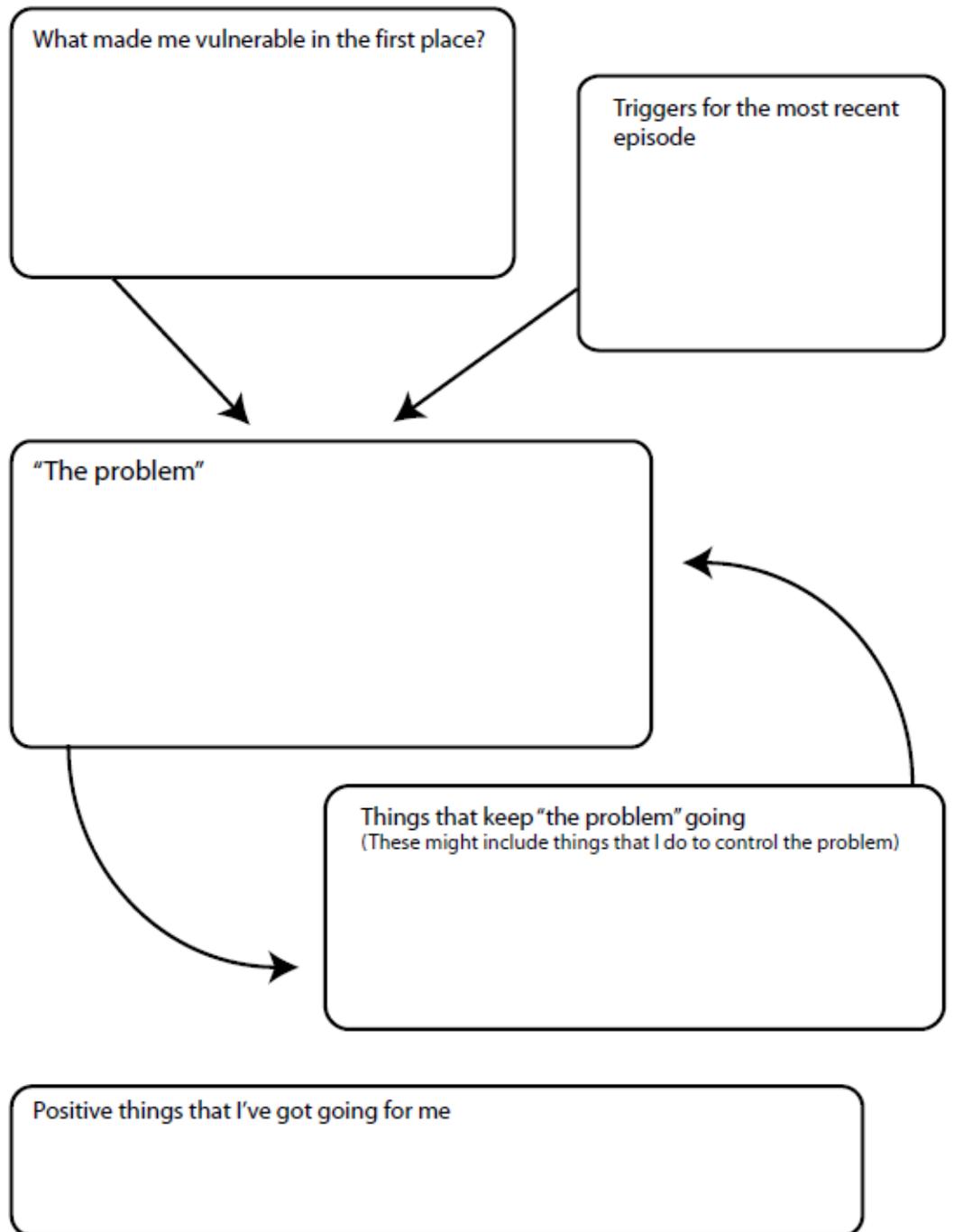
*“A moment-to-moment awareness of one’s experience without judgment. In this sense, **mindfulness** is a state and not a trait. While it might be promoted by certain practices or activities, such as meditation, it is not equivalent to or synonymous with them.”*

*“**Self-compassion** involves the capacity to comfort and soothe ourselves, and to motivate ourselves with encouragement, when we suffer, fail, or feel inadequate. Self-compassion is learned in part by connecting with our innate compassion for others, and self-compassion also helps to grow and sustain our compassion for others.”*

MINDFULNESS



The Formulation Problem



Thank you

Any questions...

Email

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