

Holistic Huddle

December 2020

Did you know?

You deserve to practice self-compassion.



How does it work?

Mindfulness and self-compassion work together. Mindfulness is recognizing the experience you're having. Self-compassion is caring for yourself while having it. Practicing self-compassion deescalates our stress response (fight-flight-freeze), and it activates release of oxytocin and endorphins that increase feelings of safety and security. There are three elements of self-compassion.

1. Self-kindness vs. Self-judgement. Be kind and understanding toward yourself when you suffer, make mistakes, or feel inadequate. Do not fall into self-criticism.
2. Common humanity vs. Isolation. Suffering does not only happen to you. Humans are vulnerable and imperfect by nature. Remind yourself you are a human having human experiences.
3. Mindfulness vs. Over-identification. Be willing to observe your negative thoughts and feelings without suppressing nor exaggerating them. Strive for non-judgmental recognition of your experience without becoming overwhelmed with negative feelings.

How do I get started?

Take a four minute self-compassion break whenever you need it.

1. **Recognize that this is a moment of suffering.** *I am so stressed, or I'm not doing enough, or I am tired of this.*

<https://self-compassion.org/>

<https://www.mindful.org/the-transformative-effects-of-mindful-self-compassion/>

<https://centerformsc.org/practice-msc/guided-meditations-and-exercises/>

Share with your team during huddles or unit meetings, and post in your nurses station or break room.

2. **Acknowledge that suffering is a part of life.** *I'm not alone, or I know others feel this way.* Then, gently place your hands over your heart, or connect with yourself in a way that feels right to you.
3. **Ask yourself:** *May I be kind to myself in this moment? May I learn to accept myself as I am? May I forgive myself?* Allow yourself to be just as you are.

Visit https://self-compassion.org/wp-content/uploads/2020/08/self-compassion.break_01-cleanedbydan.mp3 for a 5 minute guided self-

compassion exercise by Kristin Neff, PhD., co-founder of the Center for Mindful Self-Compassion. ♡

Always check with your provider before starting or stopping any treatments.



~The Quality of Life Council is launching a monthly, therapeutic media club. December's topic will be gratitude. Please email danielle.barger@parkview.com for details on participating.

~Units now have access to the final gift following loss of a loved one.

~Schwartz Rounds is virtual during social distancing. Register through Net Learning.

~Join us for online Holistic Nursing Certification training! Meet on Teams 9am –12pm on Feb 26, Mar 26, & Apr 30. Additional course work will be completed independently in the Canvas online classroom.

~If you need support, contact Holistic Response Team (HRT) at 266-2900.

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Holistic Nursing