



How to Care for Yourself in the Midst of a Stressful Holiday Season; With Festive Mindfulness and Jolly Self-Compassion

CSHP Virtual Event Nov 30, 2021

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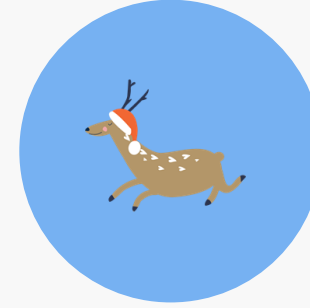
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THIS PRESENTATION HAS RECEIVED NO FINANCIAL OR IN-KIND SUPPORT FROM ANY COMMERCIAL OR OTHER ORGANIZATION (OTHER THAN THE SPEAKER'S FEE FROM CSHP-AB BRANCH)



I HAVE NO CURRENT OR PAST RELATIONSHIPS WITH COMMERCIAL ENTITIES



I HAVE RECEIVED A SPEAKER'S FEE (GIFT CARD) FROM CSHP-AB BRANCH FOR THIS PRESENTATION AND HAVE GRATITUDE FOR SAME – THANK YOU

Three Minute Breathing Space While Standing

Letting go of the day, observing if you are worrying or planning for the future, and compassionately grounding yourself to the present moment through the practice of mindfulness

**3
min**



What did we do for those first three minutes together?

What did we focus on?

How did you feel during and afterwards?

What thoughts or body sensations came into your awareness?

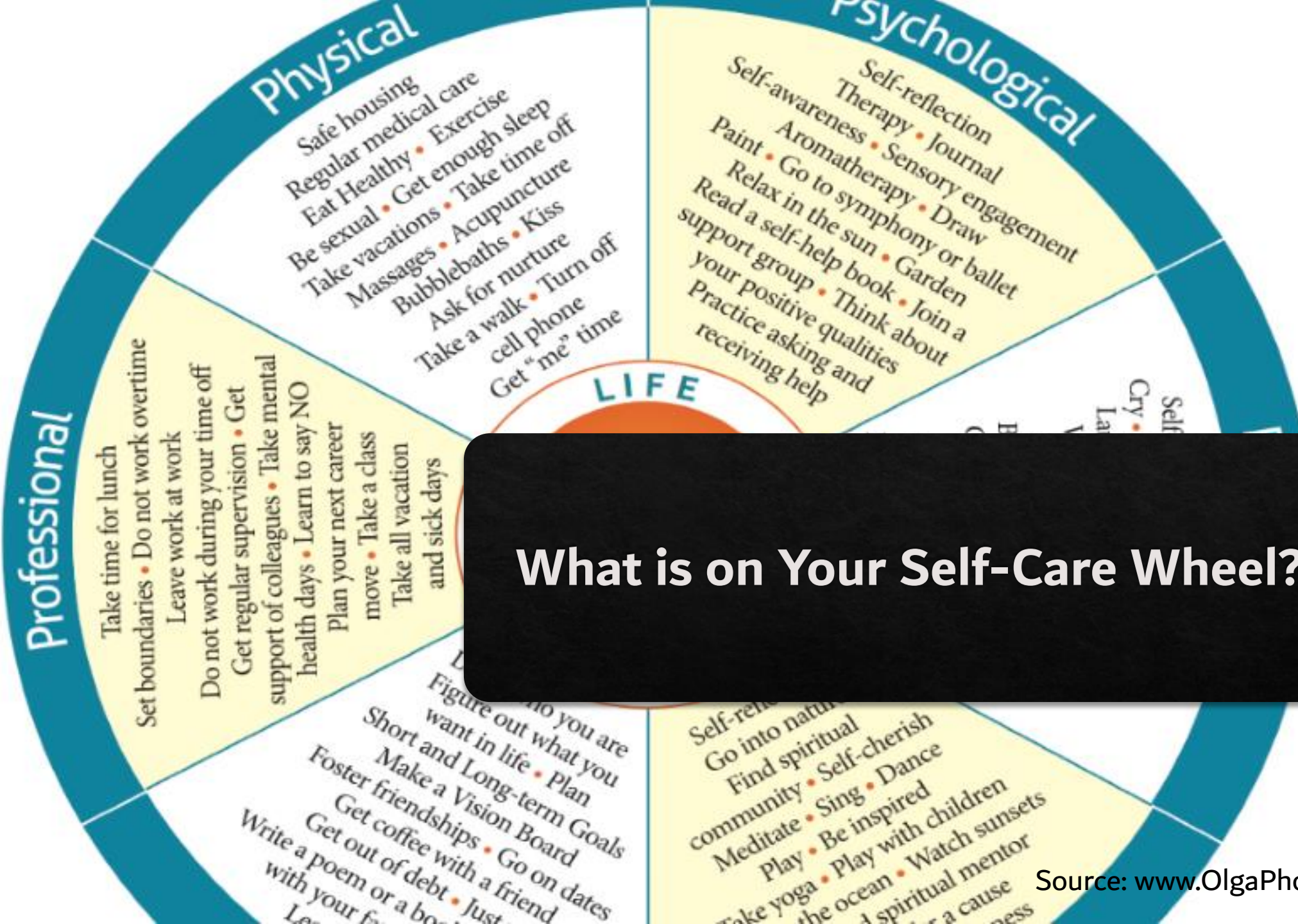
**Please contribute via Zoom chat box*

Mindfulness is about greeting the moment, noticing what it is that is going on for you without judging and then taking care of yourself.

Self Care Components

- ❖ **PHYSICAL** – E.g., Exercise, Healthy Eating, Drink Water, Sleep Hygiene, Etc.
- ❖ **PSYCHOLOGICAL** – E.g., Read a Self-Help Book, Socialize, Journal, Therapy, Etc.
- ❖ **EMOTIONAL** – E.g., Positive Affirmations, Tolerate Emotions, Self-Compassion, Creativity, Etc.
- ❖ **SPIRITUAL** – E.g., Time in Nature, Prayer, Meditation, Join a Community, Volunteer, Etc.
- ❖ **PERSONAL** - E.g., Self-exploration, SMART Goals, Financial Planning, Time to Self, Etc.
- ❖ **PROFESSIONAL** - E.g., Take Lunch Breaks, Set Boundaries, Take Vacation Days, Seek Out Training, Etc.





What is on Your Self-Care Wheel?

Puppy Metaphor

The Nature of the Mind

KINDNESS

Understanding vs. Criticizing

Compassion
(self & other)

COMMON HUMANITY

Everyone goes through this

MINDFULNESS

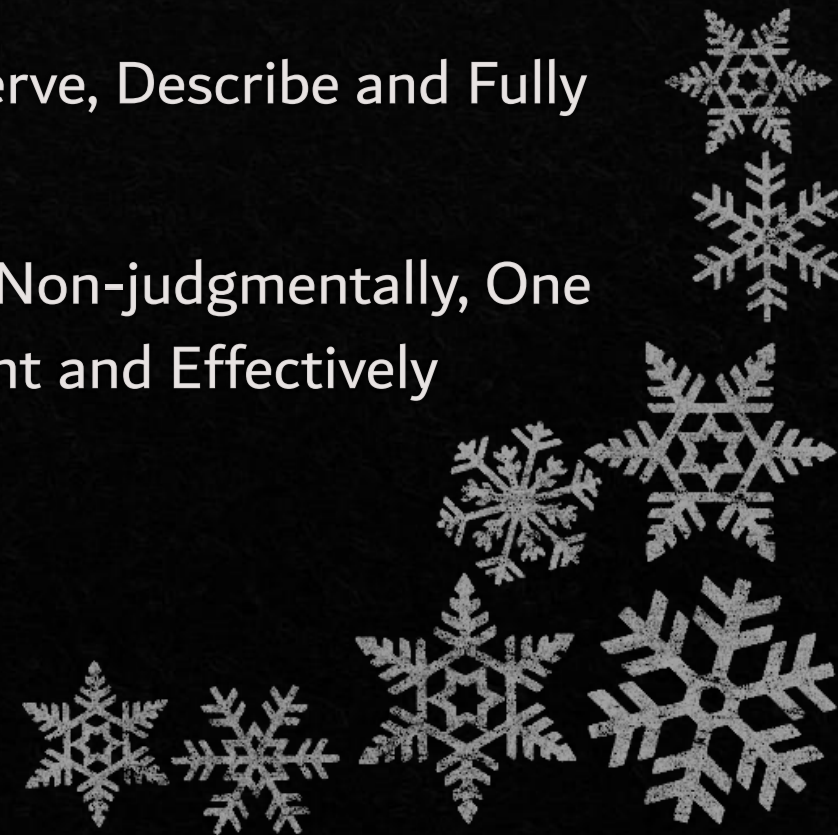
Non-judgmental awareness of the present moment



Breath Awareness – Formal Practice



- ◇ What to do – Observe, Describe and Fully Participate
- ◇ How to Practice – Non-judgmentally, One thing in the Moment and Effectively

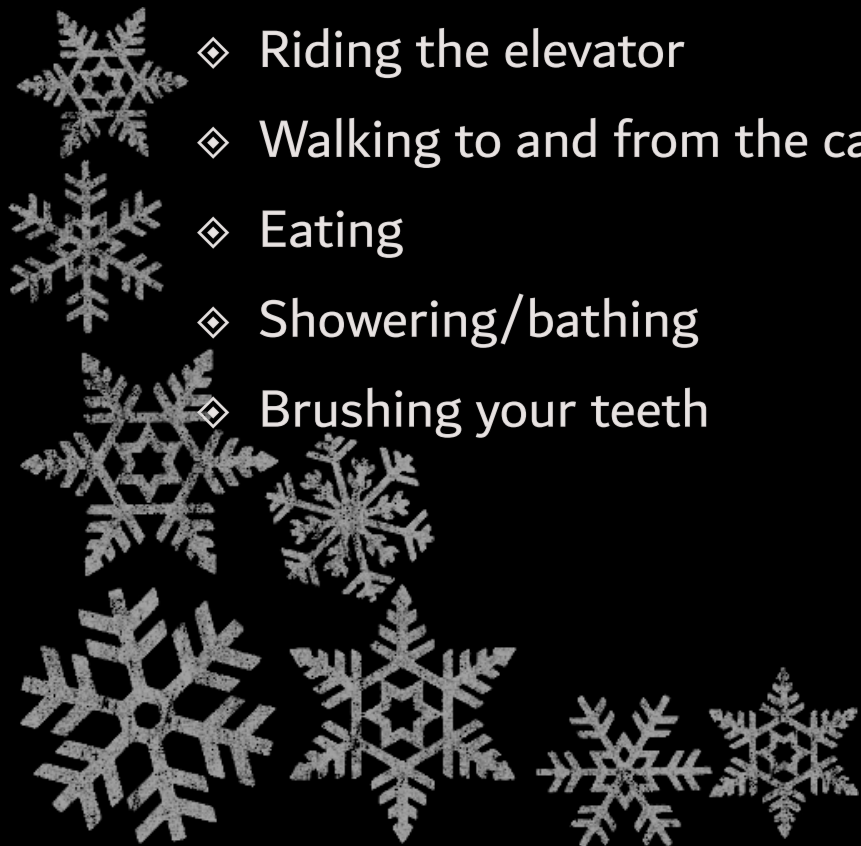


Everyday Mindfulness – Informal Practice

- ◇ Drinking a cup of coffee/tea first thing in the morning
- ◇ Riding the elevator
- ◇ Walking to and from the car
- ◇ Eating
- ◇ Showering/bathing
- ◇ Brushing your teeth

Challenge:

- ◇ Tonight, before you go to bed, be mindful as you brush your teeth. Notice, what is your non-dominant hand doing?
- ◇ It is in this moment of curiosity that you are being mindful of yourself; you are focusing on purpose, intentionally attending to your body, and non-judgmentally accepting what comes to your awareness.





Thank You

Please email me at
awake@telusplanet.net to inquire about individual counselling
Or check me out out at **MBSRwithcharmaine.com** to learn more about mindfulness