

Self-Compassion for Healthcare Communities

Actively Including Yourself in Your Circle of Care

OFFERED BY **THE CENTER FOR MINDFUL SELF-COMPASSION**



Caring for others can be deeply meaningful—and emotionally exhausting. Many healthcare professionals experience **chronic stress, burnout, and compassion fatigue** as part of their work (Cocker & Joss, 2016; West et al., 2018).

The **6-week Self-Compassion for Healthcare Communities (SCHC)** program is designed to support you with practical, on-the-job mindfulness and self-compassion skills that fit into real clinical settings.

Participants in SCHC report feeling **more grounded, resilient, and connected to their sense of purpose**. Research shows significant increases in self-compassion, mindfulness, compassion satisfaction, and personal accomplishment, along with meaningful reductions in stress, depression, and burnout. These findings reflect a growing body of evidence that self-compassion practices help caregivers care for themselves while continuing to care for others (Delaney, 2018; Eriksson et al., 2018).



OBJECTIVES

Identify: Identify the key components of mindful self-compassion to understand how they can be applied to manage stress in your professional work.

Motivate: Motivate yourself to incorporate self-compassion practices into your daily life by understanding the physiology of self-compassion vs self-criticism.

Learn and Practice: Learn and practice techniques that promote wellbeing while at work and in everyday life.

Adopt: Adopt at least two resources from this workshop to take care of yourself while performing your healthcare role.



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YOUR FACILITATOR

DR. ANNA FRIIS

Anna Friis, PhD, is a certified Mindful Self-Compassion (MSC) teacher and a health psychologist in private practice in Auckland, New Zealand. She specializes in mindfulness and compassion-based therapy. She has a master's degree that investigated effects of yoga and meditation on the autonomic nervous system. Subsequent doctoral research demonstrated the psychological and physiological effects of mindful self-compassion training among people living with diabetes. The results of these studies have been published as peer-reviewed journal articles, contributing to the scientific understanding of the mind-body effects of self-compassion.

Alongside her clinical and teaching work, her major life focus now is to contribute to projects that serve to create a kinder and more just world.



OUTLINE

All sessions meet from 10am - 11am PT at the shared Zoom link

March 20: What is Self-Compassion?

March 27: Practicing Self-Compassion

Skip April 3

April 10: Self-Compassion and Burnout

April 17: Discovering your Compassionate Voice

April 24: Self-Compassion and Resilience

May 1: Making it Count