

Restoring Thyself
and Others with
Creative
Expression and
Mindful
Self-Compassion



LAND ACKNOWLEDGEMENT

We would like to acknowledge the land on which the University at Buffalo operates, which is the territory of the Seneca Nation, a member of the Haudenosaunee/Six Nations Confederacy. This territory is covered by The Dish with One Spoon Treaty of Peace and Friendship, a pledge to peaceably share and care for the resources around the Great Lakes. It is also covered by the 1794 Treaty of Canandaigua, between the United States Government and the Six Nations Confederacy, which further affirmed Haudenosaunee land rights and sovereignty in the State of New York. Today, this region is still the home to the Haudenosaunee people, and we are grateful for the opportunity to live, work, and share ideas in this territory.

CONFLICT OF INTEREST STATEMENT

THE PRESENTERS
HAVE NO ACTUAL
OR POTENTIAL
CONFLICTS OF
INTEREST IN
RELATION TO THIS
PROGRAM.



About Us



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Table of contents

01

Key Concepts

Mindful Self-Compassion
and Creative Expressions

02

Challenges

Barriers and perspectives

03

Experiential

For self and your clients

04

Results

Service delivery and
Impact of programs

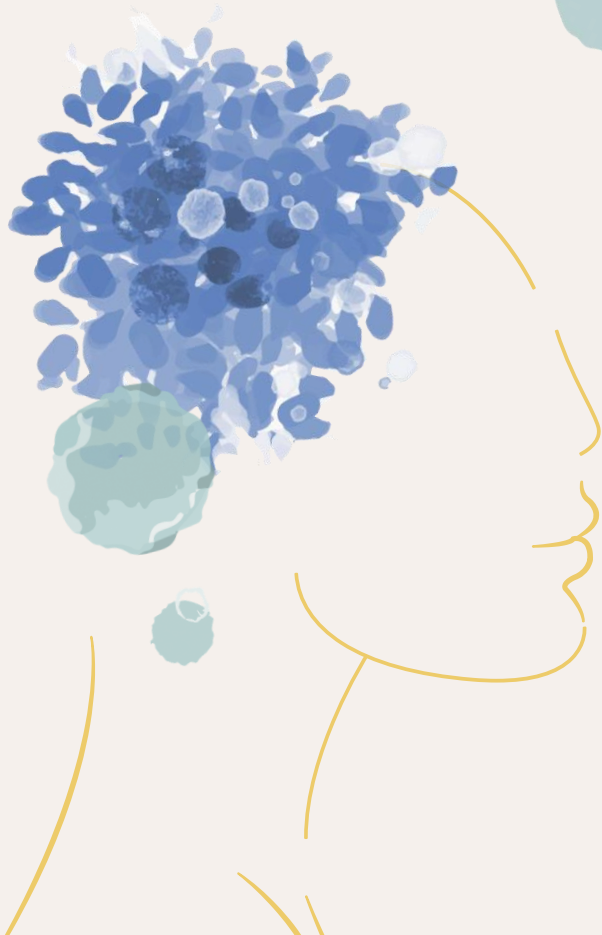


An invitation to participate



Mindful Self-Compassion

- Self-Kindness vs Judgment
- Common Humanity vs Isolation
- Mindfulness vs Self-Identification



Fierce Self-Compassion

FIERCE SELF-COMPASSION DR. KRISTIN NEFF
self-compassion.org

TENDER SELF-COMPASSION
ACCEPTING OURSELVES
TO ALLEVIATE SUFFERING

FIERCE SELF-COMPASSION
TAKING ACTION
TO ALLEVIATE SUFFERING

BALANCE
OF BOTH
ENERGIES FOR
WHOLENESS

- **PROTECTING** DRAWING BOUNDARIES AND SAYING **NO**
- **PROVIDING** AND SAYING **YES** TO OUR NEEDS
- **MOTIVATING** TO LEARN, GROW AND CHANGE THE WORLD



The infographic is titled 'FIERCE SELF-COMPASSION' and is attributed to Dr. Kristin Neff of self-compassion.org. It is divided into two main sections: 'TENDER SELF-COMPASSION' and 'FIERCE SELF-COMPASSION'. The tender section is described as 'ACCEPTING OURSELVES TO ALLEVIATE SUFFERING' and is illustrated with a large brown bear hugging a smaller cub. The fierce section is described as 'TAKING ACTION TO ALLEVIATE SUFFERING' and is illustrated with a large brown bear roaring while a smaller cub looks on. A central purple oval contains the text 'BALANCE OF BOTH ENERGIES FOR WHOLENESS'. To the right of the fierce section, three bullet points are listed: 'PROTECTING' (drawing boundaries and saying 'NO'), 'PROVIDING' (and saying 'YES' to our needs), and 'MOTIVATING' (to learn, grow and change the world). Each bullet point is accompanied by a small icon: a person with a pencil for 'PROTECTING', a person with a sign for 'PROVIDING', and a person with a sign for 'MOTIVATING'.

What Arts were you first drawn to?



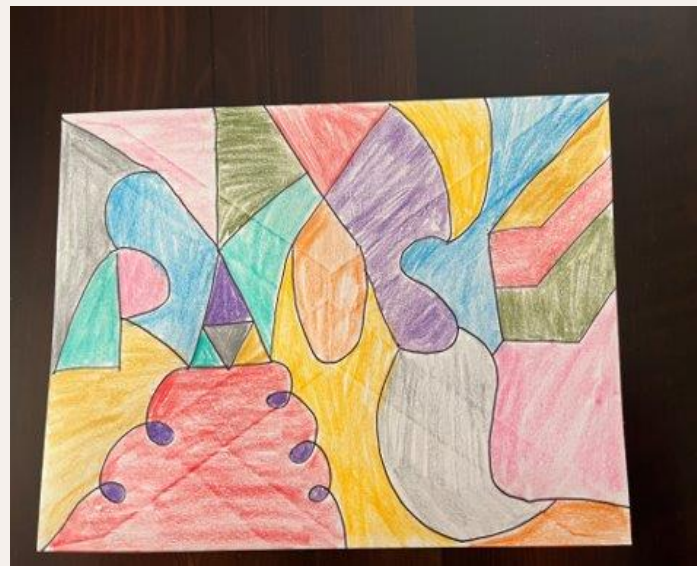
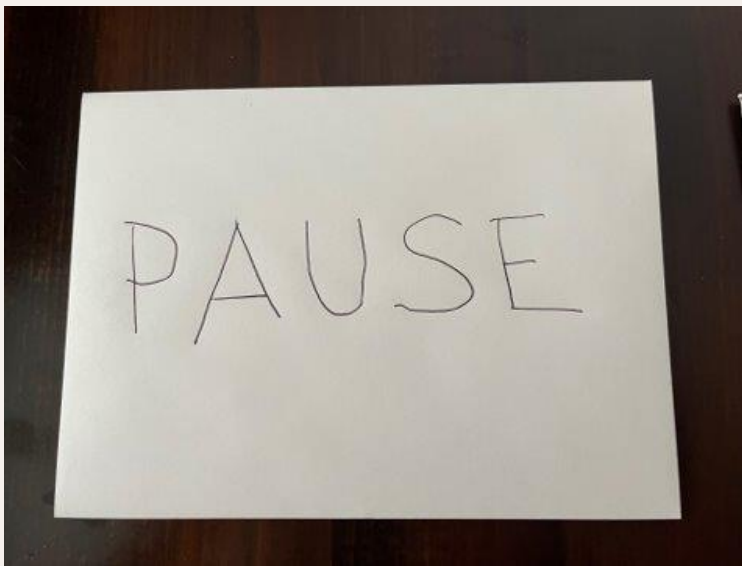


A Rationale for Use of Creative Practices

- Tactile elements of art making can be soothing and enhance relaxation
- Adds a new energy to the process
- Verbal techniques have not been effective
- Multicultural aspects of art and creativity
- Creativity expands outer world as well as expanding inward
- New sense of self: spontaneity, resilience, risk taking can build confidence
- Insight
- Socialization and cooperation: building rapport, increased self-esteem

An exercise:

Doodling





Exploration of Barriers

Self-Compassion

- “selfish, self-centered”
- form of self-pity
- making excuses for one’s self, not holding oneself accountable, becoming lazy or unmotivated
- weak, easy to get exploited

Creative Expression

- "I'm not artistic"
- Critical self-talk
- Perfectionism
- Gender and cultural stereotypes
- Time

Backdraft

Backdraft

A discomfort that arises when
we give ourselves
kindness and compassion.



Backdraft

We aren't doing anything wrong
when we experience this.
It's a sign that we're starting to
open the door of our hearts.



Backdraft

Symptoms of backdraft

Emotionally it shows up as shame, grief, fear, and sadness.

Thoughts arise mentally like, "I'm all alone," or "I'm a failure."

The physical experience of body memories, aches, and pains.



When experiencing backdraft

Ask yourself, "What do I need to feel safe right now?"

Practice mindfulness to regulate attention, "Oh, this is backdraft."

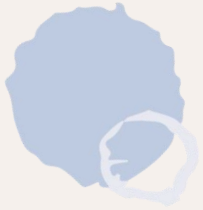
Take refuge in ordinary activities: wash dishes, go for a walk, have a cup of tea, or laugh with a friend.



An invitation to reflect on



Core Values and Compassion



Programs

Mindful Self-Compassion Training for Students in the Health Care Professions



Perfectly Imperfect: Art Journaling Group



Strategies to bring forth

- Connecting with dept
- Survey for times
- Feedback from students
- Flexibility with group vs outreach
- Dental school- branch off from this, OT group, nursing presentation
- Survey results
- Art Journaling Group
- Inviting staff to participate/PD Seminar
- Staff Student Wellness Retreat
- Chill out art-journaling (large scale outreach)- name/ pictures
- Outreach at Dental School



Feedback for MSC program

Nursing



Dental



Medical



OT/PT

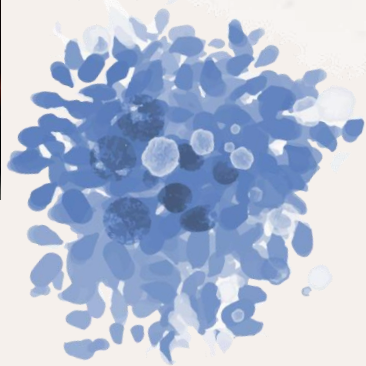
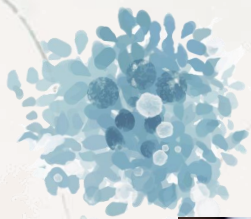


“Strategies for self compassion and resetting. Medicine is high stress and it is useful to have ways to reset and comfort yourself.”

“For the supportive touch, I recall "what would a loved one say about the things you say to yourself" and that resonated with me and I have been saying that all the time when I feel low. ”

“I enjoyed the burnout session the most because the exercise on core values really helped me get a fresh perspective and find my "why" again. It was a very positive workshop and left me feeling inspired and hopeful.”

What will you apply for yourself, and what will you bring back to your campus?





“I learned a long time ago the wisest thing I can do is be on my own side.”

—**Maya Angelou**



A poem



Questions?



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Thanks!



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Restoring Thyself and Others
with Creative Expression



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