

SELF-CARE FOR EARLY CHILDHOOD PROFESSIONALS

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What are your obstacles for taking care of yourself?

- ▣ Time
- ▣ Feeling undeserving
- ▣ Putting other peoples needs first
- ▣ Not making it a priority
- ▣ Feeling selfish
- ▣ Not knowing what I need

Self-Awareness



Self-Reflection

Self-Compassion

Self-Awareness

Tuning in to self

Body – tension, posture, sensation, pain

Mind – thoughts, internal dialogue

Practices to increase self-awareness

- Body Scan
- Noticing posture
- Meditation
- Mindfulness
 - Paying attention in a particular way, on purpose, in the present moment, non-judgmentally

Self-Reflection

Noticing the patterns of thoughts, feelings, and behaviors you tend to have, across time, and across relationships

- Curiosity not judgment
- Noticing the triggers
- Noticing the parts of the self

Practice cultivates:

- space between experience and reaction
- good boundaries

The Inner Critic

RHYMES WITH ORANGE/ by Hilary B. Price



Self-Compassion

Self-compassion involves treating yourself with care and concern when considering personal inadequacies, mistakes, failures, and painful life situations

Components

Self-Kindness vs. Self-Judgment

Common Humanity vs. Isolation

Mindfulness vs. Over-Identification

Neff, 2003a

Self-Compassion

What it is not

- ❑ Self-pity
- ❑ Apathy
- ❑ Lowering standards
- ❑ Giving up
- ❑ Weak
- ❑ Self-Indulgent

What it is

- ❑ Kindness toward self
- ❑ Self-forgiveness
- ❑ Understanding
- ❑ Non-judgment
- ❑ Having your own back
- ❑ Recognizing your common humanity

Self-Compassion

Self-compassion is the antidote to self-criticism, self-doubt, fear and anxiety

It is a skill that can be learned but it takes practice

- Involves an awareness of suffering
- Asking “What do I need right now?”
- Offering a kind word or gesture, or engaging in self-care
- Giving ourselves responsive caregiving

Self-Compassion and Motivation

- ▣ Self-compassion allows for perseverance in the face of setbacks
 - Guilt, shame and fear are less motivating for reaching goals
- ▣ People higher in self-compassion are less likely to procrastinate
- ▣ People high in self-compassion take more, not less, personal accountability

Self-Compassion Practices

- ▣ Self-Compassion break
- ▣ Guided Self-Compassion Meditation
- ▣ Compassionate Letter to self
- ▣ Loving-Kindness Meditation

Practicing Self-Compassion

Shifts the default mode of brain

- Mind shifts to more gratitude, appreciation and less negativity
- Reduces threat (inner critic), increases creativity and problem solving

Allows us to be more transparent and authentic

- Improves relationships
- Counters imposter syndrome