

Self-Compassion for Returning Back to Onsite

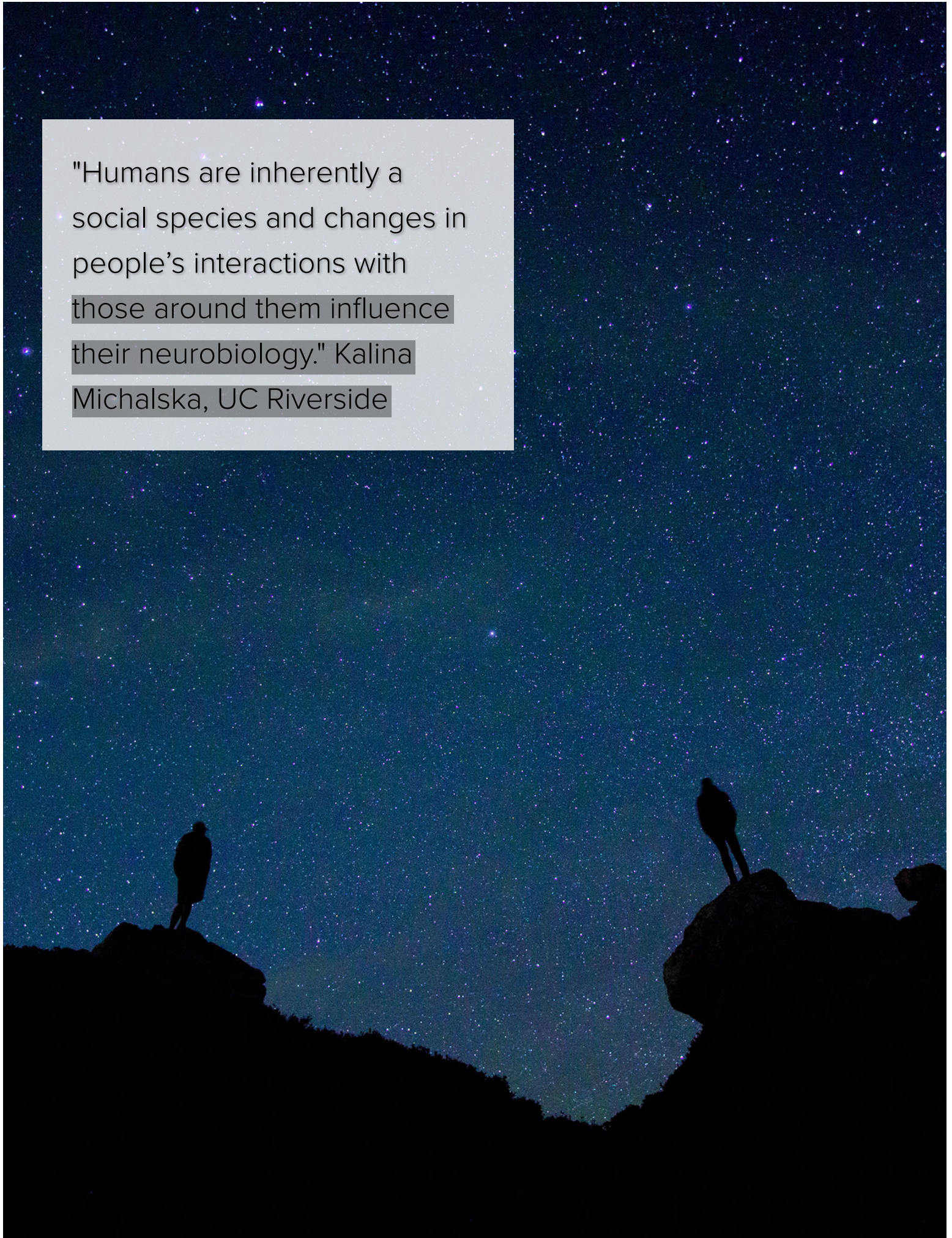
UCI SUSAN SAMUELI INTEGRATIVE HEALTH INSTITUTE



Agenda

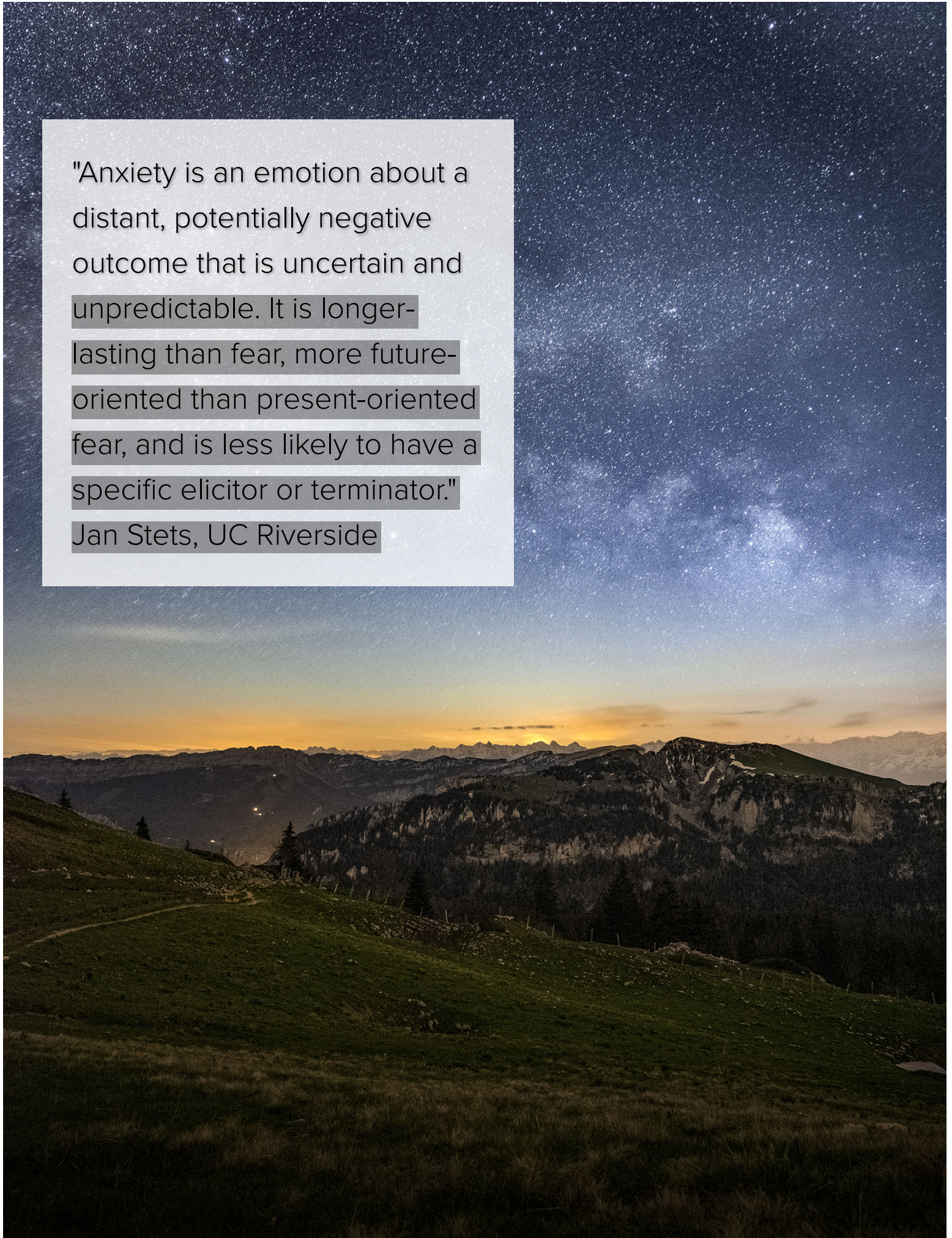
1. Introduce key concepts from UC researchers about our mental well-being as we consider a return to onsite work, recently published in University of California News
2. Provide introduction to Mindful Self-Compassion, a conceptual framework and program created by Kristin Neff of UT Austin and Chris Germer, a Harvard psychologist
3. Guide us through informal practices to bolster a self-compassion routine as we transition back to onsite work
4. Present UCI Susan Samueli Integrative Health Institute resources

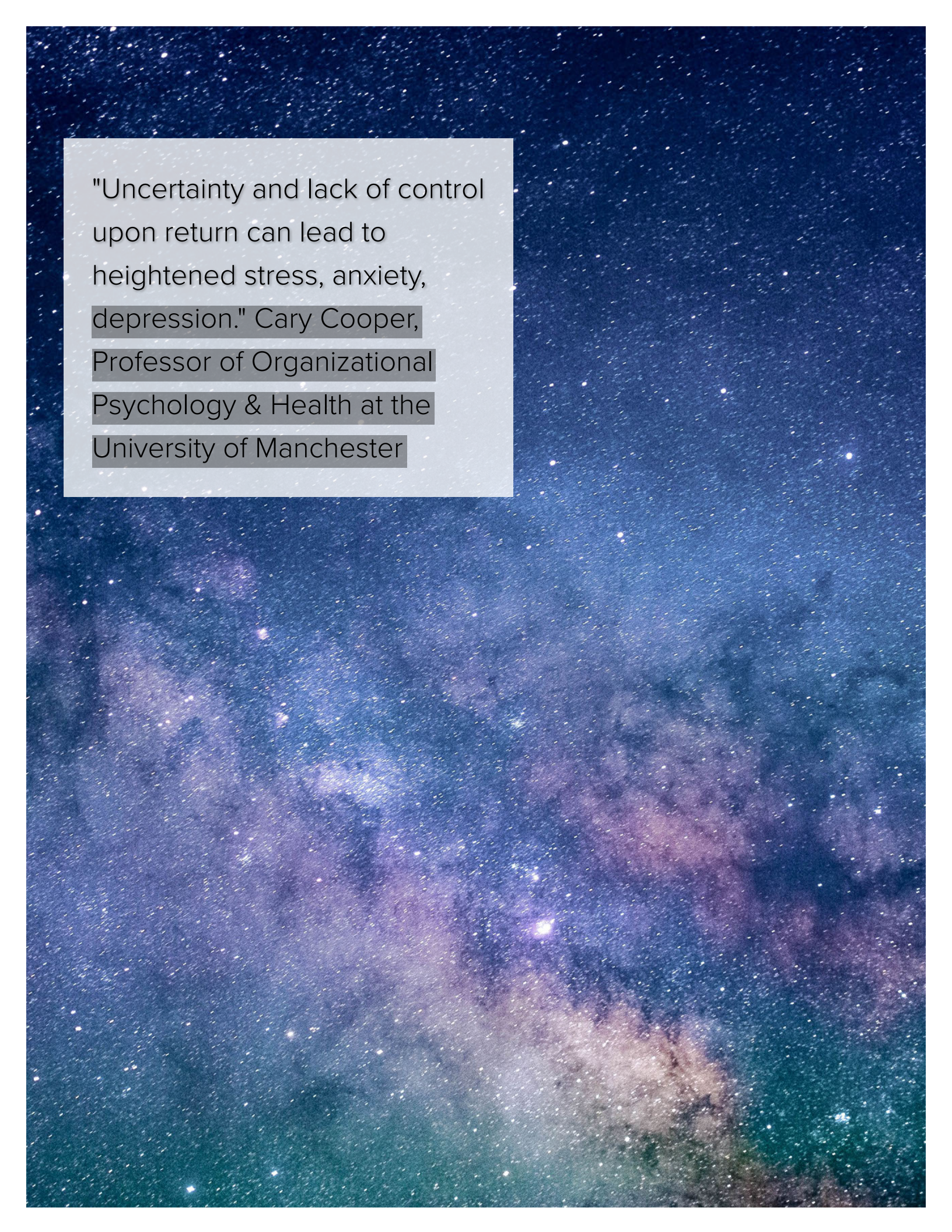
"Humans are inherently a social species and changes in people's interactions with those around them influence their neurobiology." Kalina Michalska, UC Riverside



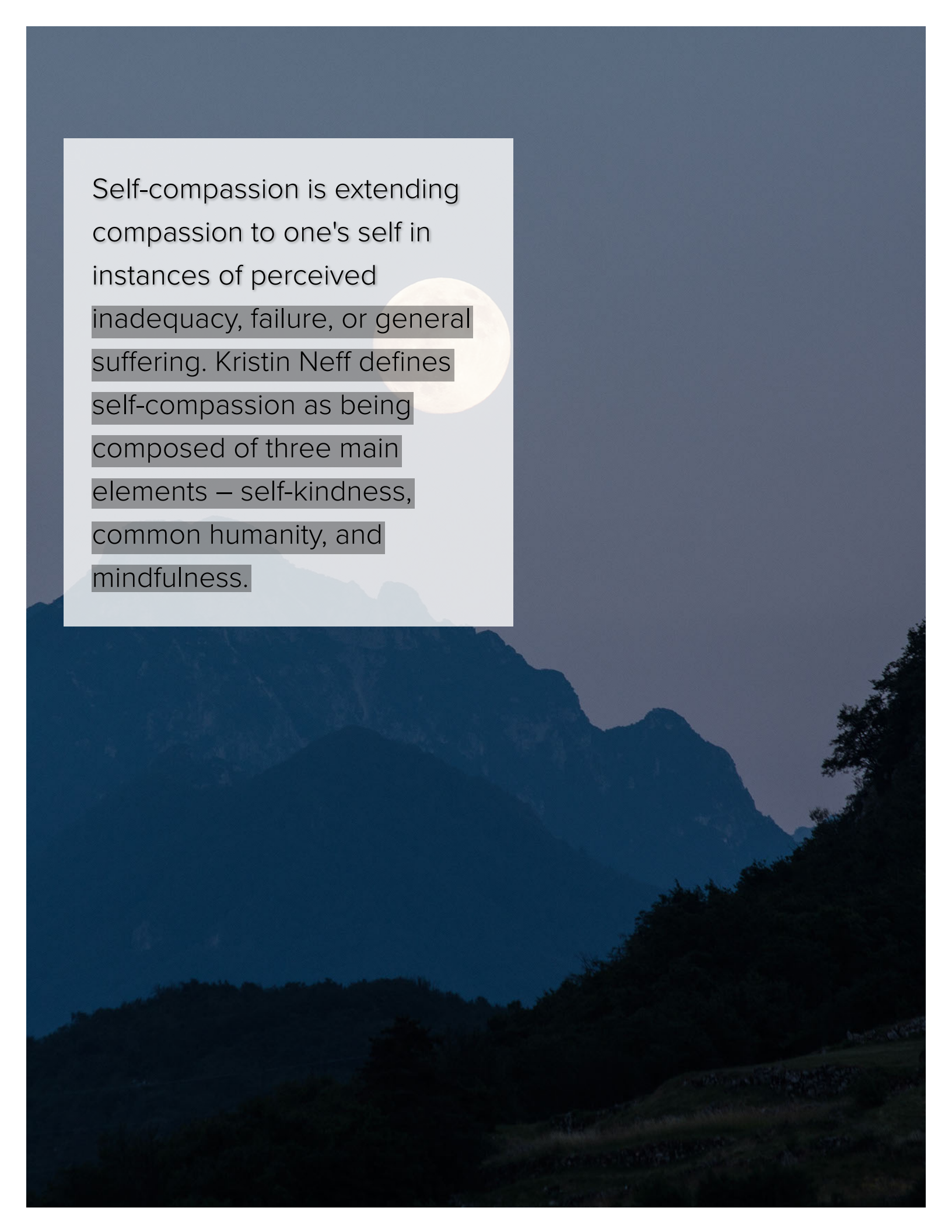
"Anxiety is an emotion about a distant, potentially negative outcome that is uncertain and unpredictable. It is longer-lasting than fear, more future-oriented than present-oriented fear, and is less likely to have a specific elicitor or terminator."

Jan Stets, UC Riverside

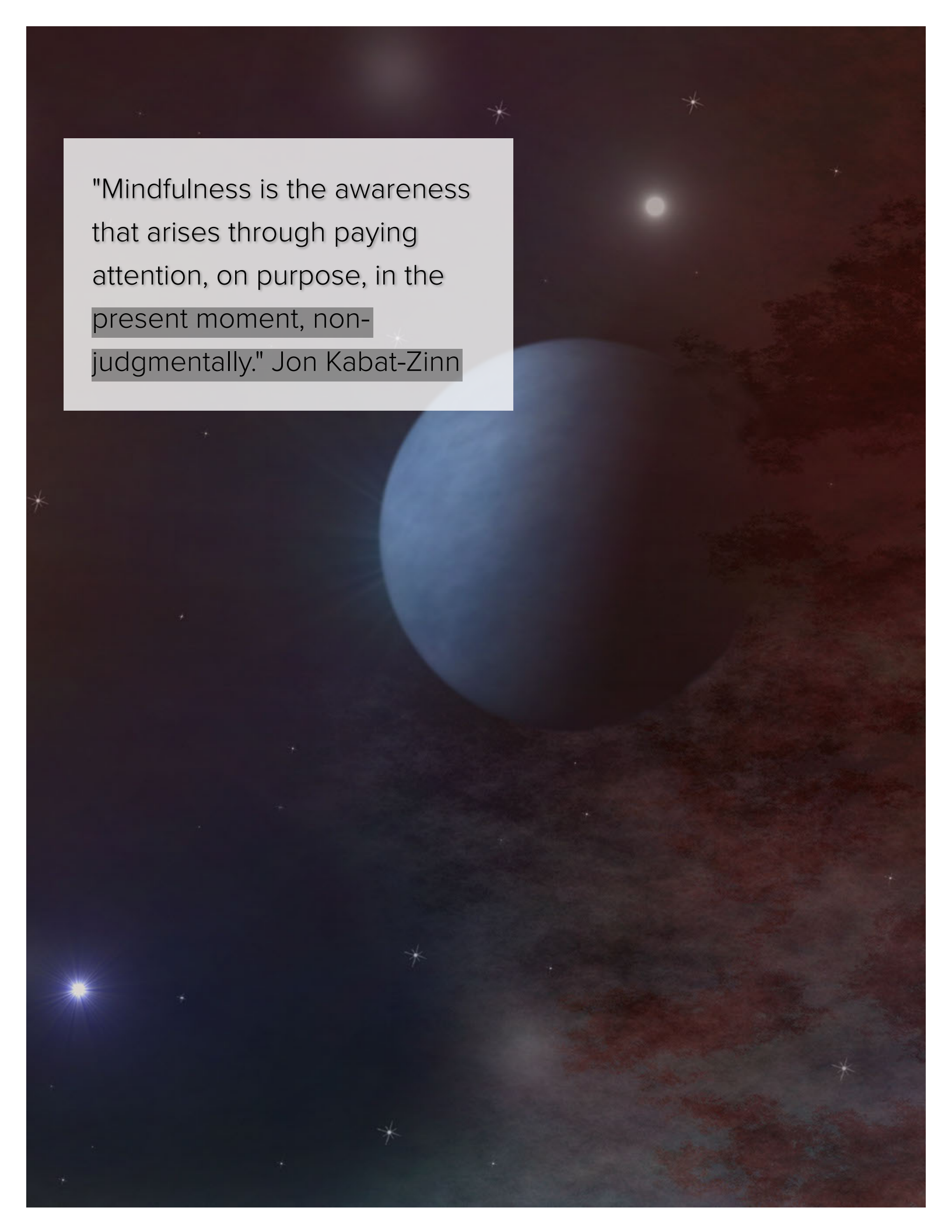




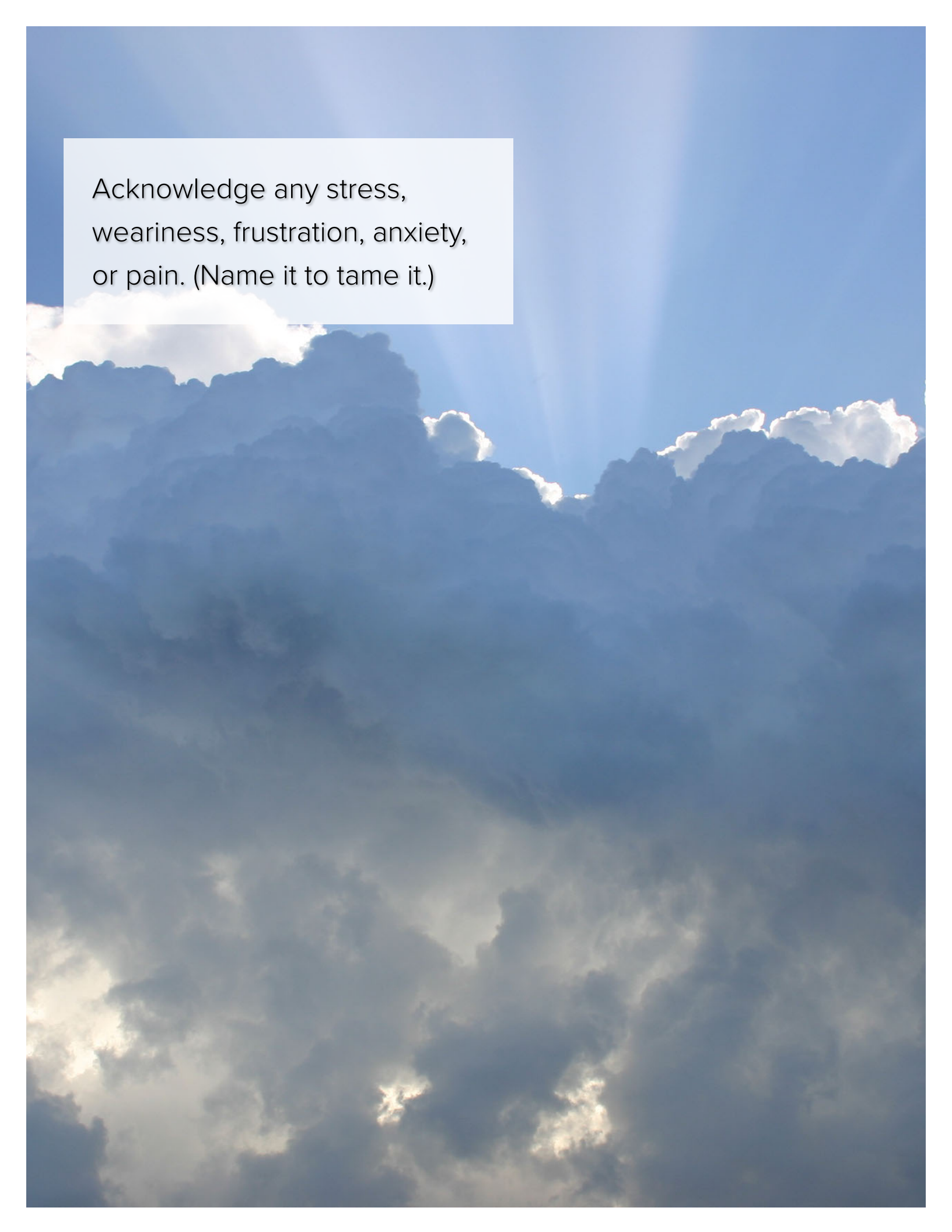
"Uncertainty and lack of control upon return can lead to heightened stress, anxiety, depression." Cary Cooper, Professor of Organizational Psychology & Health at the University of Manchester

A full moon is visible in the sky, partially obscured by a light blue rectangular box containing text. The background is a dark, blue-toned landscape featuring a mountain range and a forested hillside in the foreground.

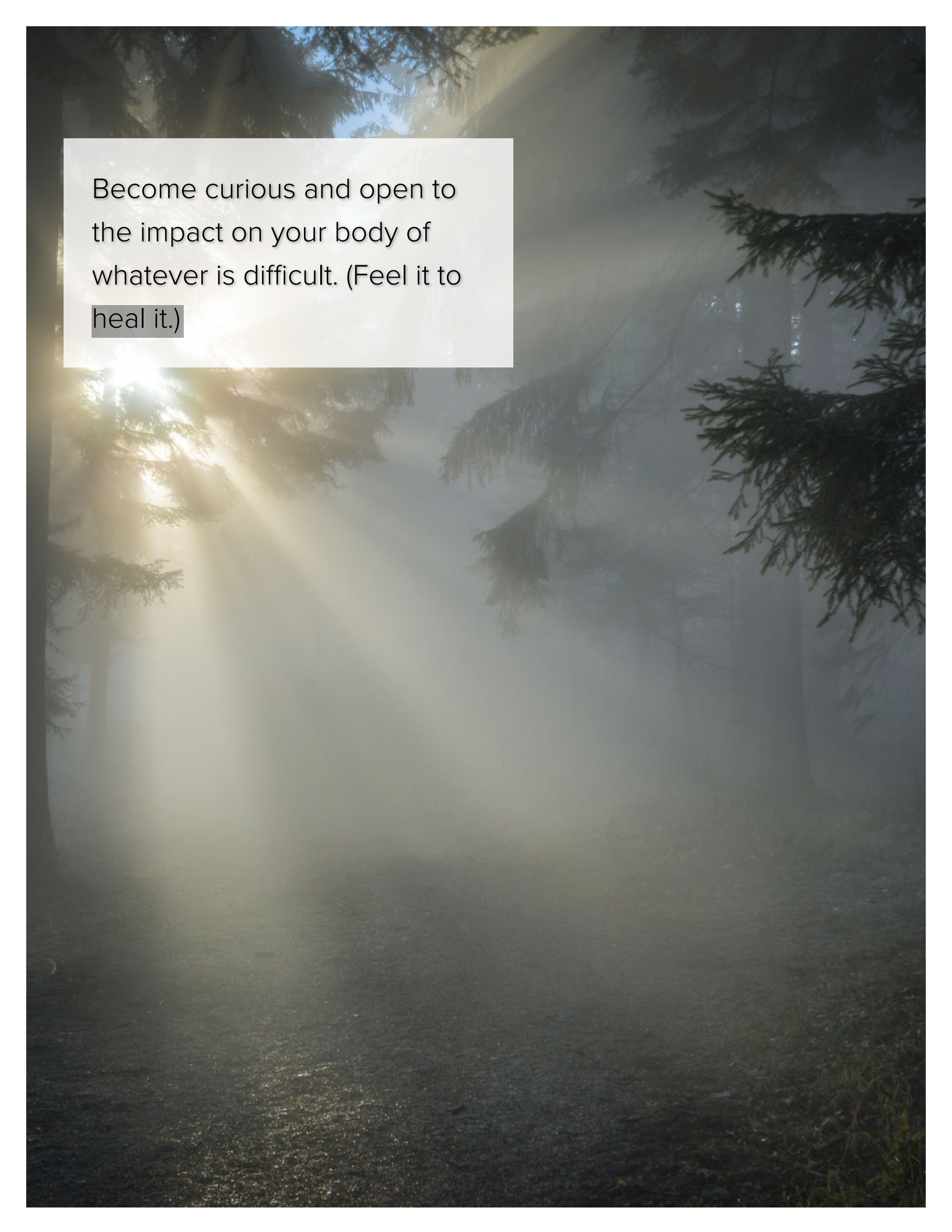
Self-compassion is extending compassion to one's self in instances of perceived inadequacy, failure, or general suffering. Kristin Neff defines self-compassion as being composed of three main elements – self-kindness, common humanity, and mindfulness.

A night sky with a large, pale blue moon in the center-right. A bright, multi-pointed star is in the bottom left corner. The background is a dark, deep blue with scattered stars and a faint, reddish-brown nebula or galaxy structure on the right side. A white rectangular box with a thin black border is in the upper left, containing text.

"Mindfulness is the awareness
that arises through paying
attention, on purpose, in the
present moment, non-
judgmentally." Jon Kabat-Zinn

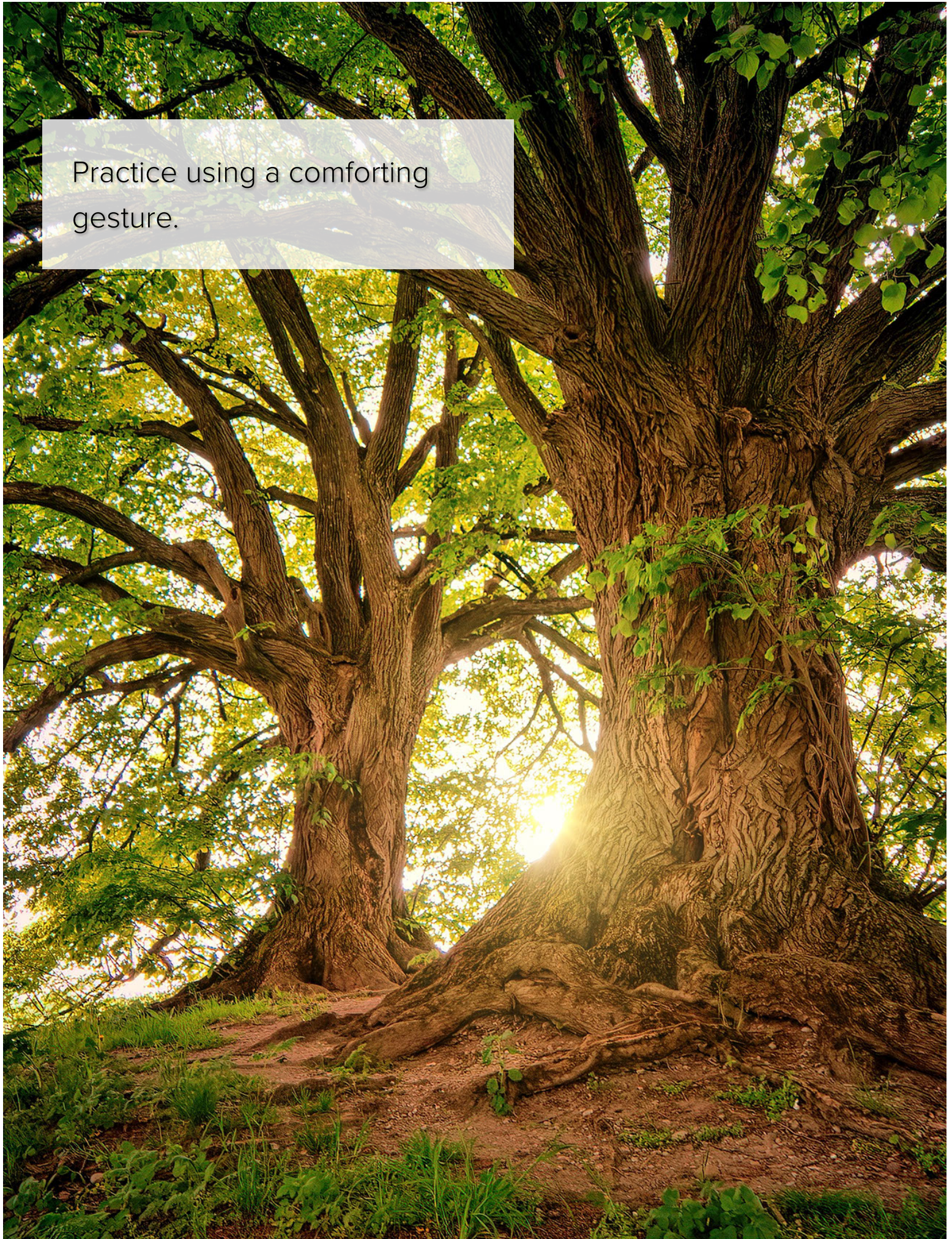


Acknowledge any stress,
weariness, frustration, anxiety,
or pain. (Name it to tame it.)

A photograph of a misty forest. Sunlight filters through the trees on the left, creating a bright, hazy glow. The trees are dark and silhouetted against the light. The ground is covered in a layer of fallen leaves and twigs. The overall atmosphere is serene and ethereal.

Become curious and open to
the impact on your body of
whatever is difficult. (Feel it to
heal it.)


Practice using a comforting
gesture.





Comforting Gestures

- One hand inside the other
- Hand over the heart
- Both hands over the heart
- Face cradled in one hand or both
- One hand on the abdomen and one over heart
- Gentle hug
- Hands on thighs

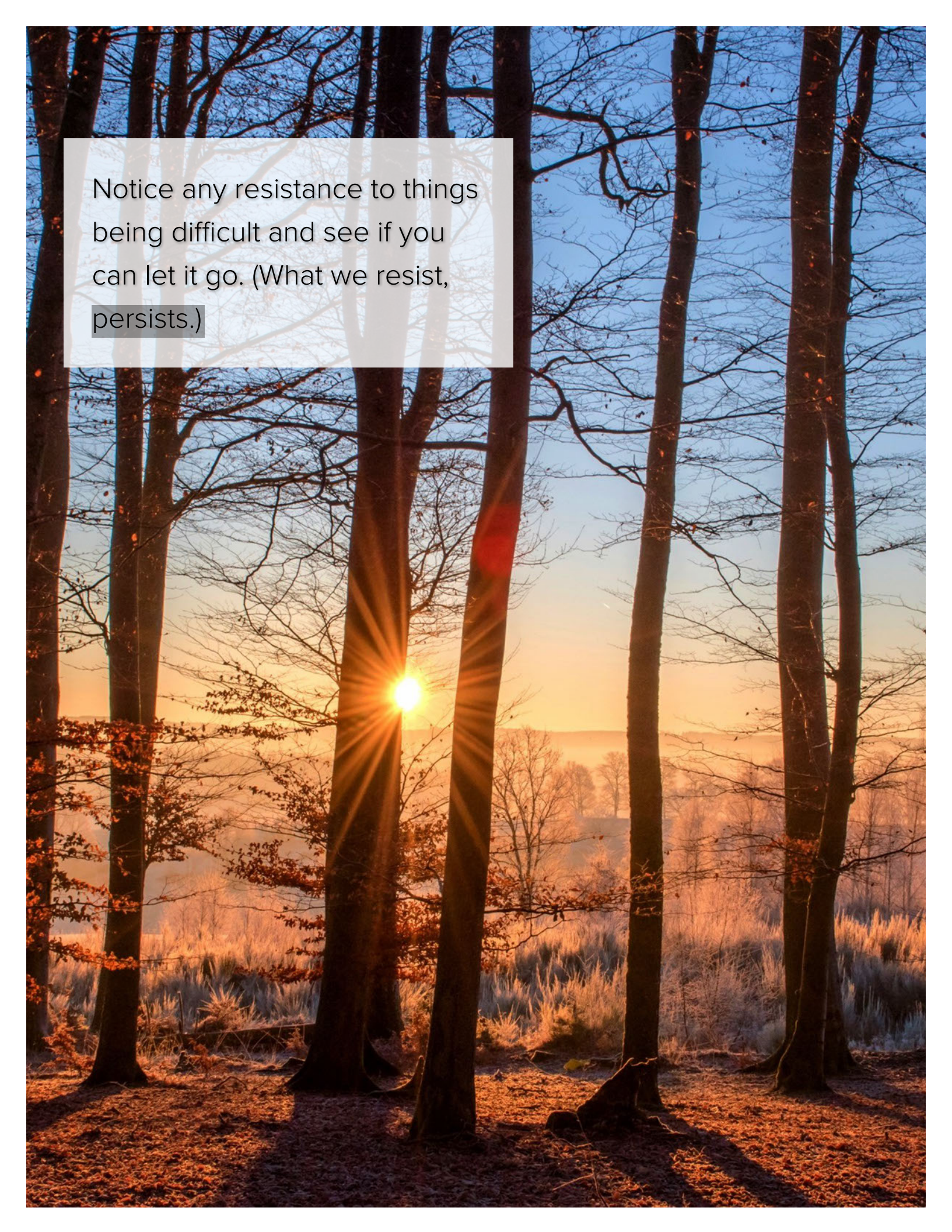
A full-page background image featuring a vibrant sunset. The sun is a bright, glowing orb on the left side, partially obscured by the silhouettes of tall, thin grasses in the foreground. The sky transitions from a deep orange near the horizon to a lighter yellow at the top. The water in the background is dark and reflects the warm colors of the sunset. The overall mood is peaceful and contemplative.

Use self-compassion phrases
directed toward yourself.



Self-Compassion Phrases

- May I accept myself as I am.
- May I *begin* to accept myself as I am.
- May I forgive myself.
- May I be strong.
- May I be calm.
- May I connect with my basic goodness.
- May I know my own value.
- May I live with ease.
- May I be enough just as I am.
- May I rest in love.



Notice any resistance to things
being difficult and see if you
can let it go. (What we resist,
persists.)

Be aware of the things that are
not difficult in your life,
including the things that do
support you.





Final Thoughts

- Difficulties come and go. Your positive attributes and innate goodness persist and remain.
- The way you feel about going back onsite may be different than how other coworkers are feeling, and that's okay. Knowing this, practice non-judgment and compassion with coworkers.
- Use resources and ask for support. No one does anything alone. Does it change the moment if we acknowledge that additional resources would support us?

"A moment of self-compassion
can change your entire day. A
string of such moments can
change the course of your life."

Christopher Germer





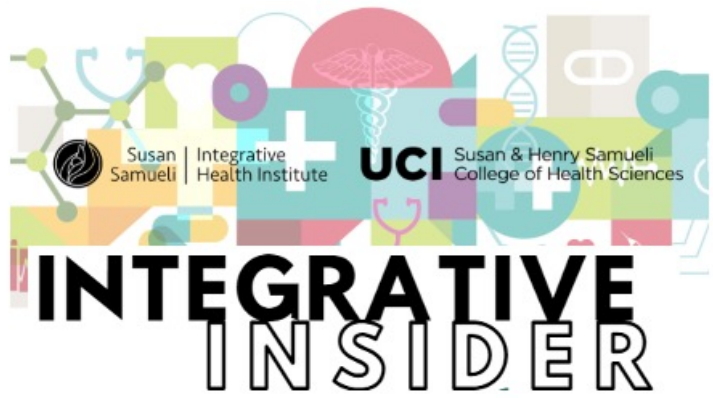
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UCI Susan & Henry Samueli
College of Health Sciences



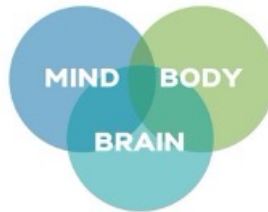
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Patient-centered care**



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FREE Monthly
Virtual Lectures
for the Community!



Mind • Brain • Body Wellbeing
Summer Series

5:30 PM
ZOOM

AUGUST 5



CHRISTINE D. KRAUS, PHD
SSIHI
NEUROPSYCHOLOGY

SEPTEMBER 23



DARLENE LEE, ND, MSW, BCB
SSIHI
NATUROPATHIC DOCTOR

ssihi.uci.edu/events



Susan Samueli | Integrative
Health Institute

INTEGRATIVE
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Health Institute

Free Livestream Mindful Meditations

Drop in any weekday for mindful meditations cultivating present moment awareness, as well as compassion for ourselves and the world around us.

[Register Here](#)

Free Mindfulness Meditation
Classes for the Community

ssihi.uci.edu



Susan | Integrative
Samueli | Health Institute

Free Virtual Yoga for Wellbeing Therapy Classes for the Community

Mondays & Wednesdays

5:30 – 6:30 p.m.

Tuesdays & Thursdays

9:00 – 10:00 a.m.

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Susan Samueli | Integrative Health Institute

UCI

Susan and Henry Samueli College of Health Sciences

WELLBEING INITIATIVE

**FREE VIRTUAL WELLBEING SERVICES
FOR UCI EMPLOYEES**

*Revised
Schedule!*

**Nutrition & Fitness Practices to Optimize
Your Immune System**

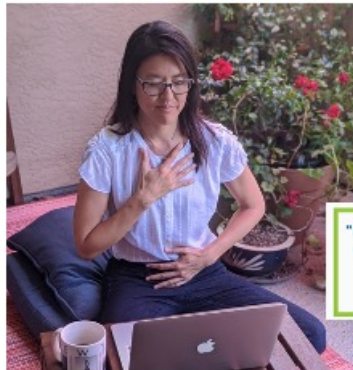
Healthy Nutrition in Times of Stress

Mindfulness & Meditation

Guided Acupressure*

Biofeedback & Relaxation Techniques

Stress Management Strategies



"Dr. Au is a great listener and also provided a variety of helpful strategies for dealing with ongoing stress. I am grateful that UCI provides this support!"



UCI FACULTY WELLNESS PROGRAM



Susan Samueli | Integrative
Health Institute

UCI School of Medicine

Joint-collaborative effort offering free resources

- Faculty Mentorship Program
- Interactive Screening Program
- Faculty and Staff Support Line
(Department of Psychiatry)
- Nutrition series
- Mindful Compassion Course



Clinical Locations

Costa Mesa - Main Clinic

- 1202 Bristol, Suite 200
- 714-424-9001

Costa Mesa - Pacific Breast & Oncology/Hematology

- 1640 Newport Boulevard
- 949-515-3544

Newport Beach

- 2161 San Joaquin Hills Road
- 714-424-9001

Yorba Linda

- 18637 Yorba Linda Boulevard
- 714-790-8600

Laguna Hills

- 23961 Calle de la Magdalena, Suite 200
- 949-238-4100



PROGRAMS

Concierge Primary Care
Integrative Breast Health
Integrative Cardiology
Integrative Children's Health
Integrative Dermatology
Integrative Gastroenterology
Integrative Musculoskeletal Care
Mind • Brain • Body Wellbeing
Naturopathic Medicine
Women's Health

SERVICES

Acupuncture
Biofeedback
Integrative Nutrition
Massage Therapy
Mindfulness
Neurofeedback
Osteopathic Manipulation (OMT)
Physical Therapy
Psychotherapy
Yoga Therapy



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Presentation Requests

Kamber Lamoureux
Event Coordinator
lamourek@hs.uci.edu

Credits:

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