

SELF-COMPASSION DEFINED & EXPERIENCED

Part Two of a Three Part Series

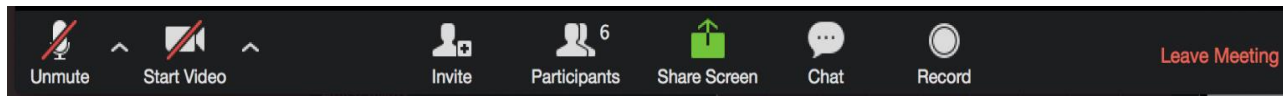
Nadia K Maynard, Senior Field Analyst

March, 2021

WELCOME TO ZOOM

Control your microphone

Control your video



Click Participants and Chat

The image shows the Zoom 'Participants (2)' window. It lists two participants: 'Ako Ndefo-Haven (me)' and 'Nkem (she/her) Los Angeles (Host)'. The 'More' button for the first participant is open, showing options: 'Rename' and 'Add Profile Picture'. A red arrow points from the 'Rename' option to the list of instructions on the right. At the bottom of the window, there are icons for 'raise hand', 'yes', 'no', 'go slower', 'go faster', and 'more', along with an 'Unmute Me' button.

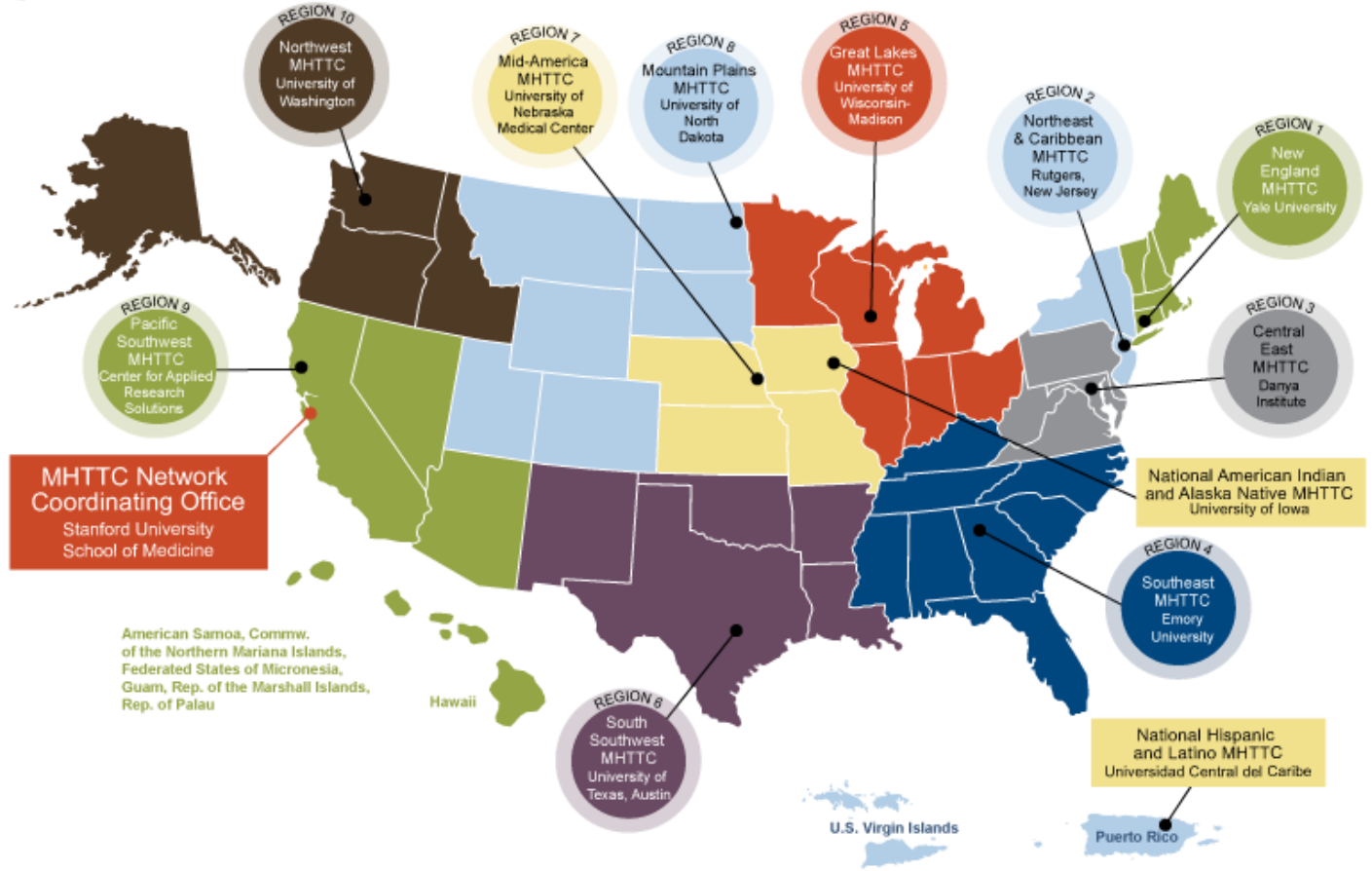
- Click "More"
- Click "Rename"
- Add your name, role & pronoun (e.g. Nadia, she/hers, facilitator)

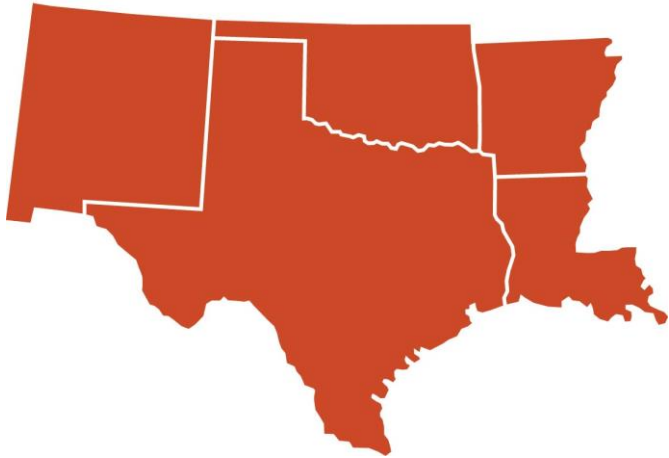


MHTTC

Mental Health Technology Transfer Center Network
Funded by Substance Abuse and Mental Health Services Administration

MHTTC Network



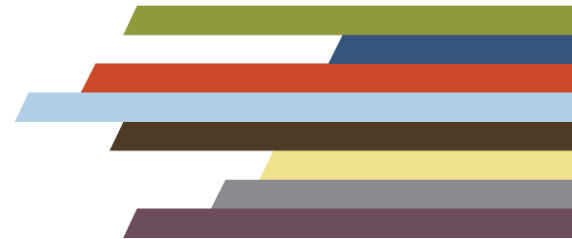


SOUTH SOUTHWEST MENTAL HEALTH TECHNOLOGY TRANSFER CENTER

(SOUTH SOUTHWEST MHTTC)



The University of Texas at Austin
**Texas Institute for Excellence
in Mental Health**
School of Social Work





Ari Acosta
BH Equity Specialist



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Child & School T/TA



Jennifer Baran-Pral
Program Administrator



Natalie Fikac
School T/TA



Christine Vo
Communications



Nadia Kalinchuk Maynard
Trauma-Informed Specialist



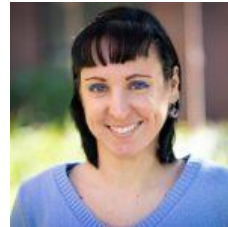
Molly Lopez
Co-Director



Stacey Stevens Manser
Co-Director



Brianna Rodriguez
Communications



Zatara Lumen
Coordinator



Glenn Dembowski
Coordinator



Brytani Cavil
Youth Engagement Specialist

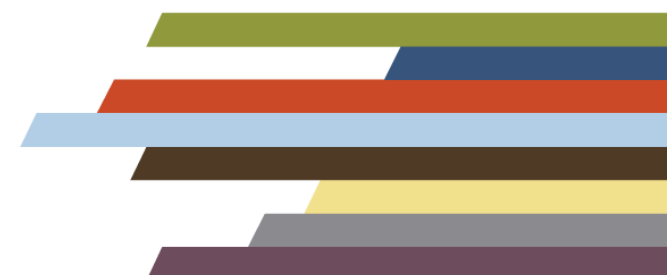


South Southwest (HHS Region 6)

MHTTC

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The MHTTC Network uses affirming, respectful and recovery-oriented language in all activities. That language is:

STRENGTHS-BASED
AND HOPEFUL

INCLUSIVE AND
ACCEPTING OF
DIVERSE CULTURES,
GENDERS,
PERSPECTIVES,
AND EXPERIENCES

HEALING-CENTERED/
TRAUMA-RESPONSIVE

INVITING TO INDIVIDUALS
PARTICIPATING IN THEIR
OWN JOURNEYS

PERSON-FIRST AND
FREE OF LABELS

NON-JUDGMENTAL AND
AVOIDING ASSUMPTIONS

RESPECTFUL, CLEAR
AND UNDERSTANDABLE

CONSISTENT WITH
OUR ACTIONS,
POLICIES, AND PRODUCTS

featuring



Dr. Karen Bluth (Ph.D.)

Department of Psychiatry,
UNC-Chapel Hill and Research
Fellow at Frank Porter Graham
Child Development Institute



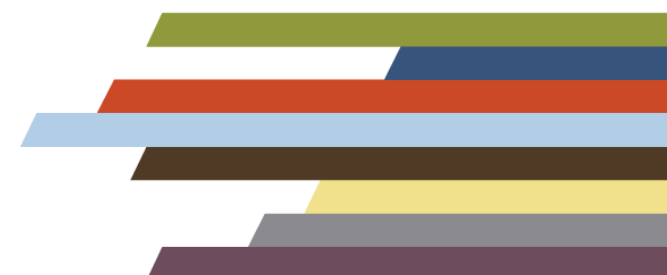
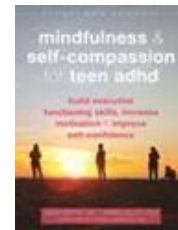
South Southwest (HHS Region 6)

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Dr. Karen Bluth is faculty in the Department of Psychiatry, and a research fellow at Frank Porter Graham Child Development Institute, where she is founder and director of the Frank Porter Graham Mindfulness and Self-Compassion Program for Families. She is a certified instructor of Mindful Self-Compassion, an internationally acclaimed 8-week course created by Dr. Kristin Neff and Dr. Chris Germer, and one of the developers of Self-Compassion for Educators, a self-compassion program offered through Mindful Schools. Dr. Bluth is also co-creator of the curriculum Making Friends with Yourself: A Mindful Self-Compassion Program for Teens, the teen adaptation of Mindful Self-Compassion for adults, and “Embracing Your Life” the adaptation for young adults.

As a mindfulness practitioner for over 40 years, a mindfulness teacher, and an educator with 18 years of classroom teaching experience, Dr. Bluth frequently gives talks, conducts workshops, and teaches classes in self-compassion.



THE UNIVERSITY OF NORTH CAROLINA AT CHAPEL HILL

Experiencing Joy

Savoring, Gratitude & Self-Appreciation

Karen Bluth, PhD

March 26, 2021



FRANK PORTER GRAHAM
CHILD DEVELOPMENT INSTITUTE



What About Joy?



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Negativity Bias

“We are Velcro for negative experiences and Teflon for positive experiences.”

- Rick Hanson, psychologist and author

Finding Joy Through ...

- Savoring
- Gratitude
- Self-Appreciation



Savoring

Moments in our lives ...



Gratitude

Research:

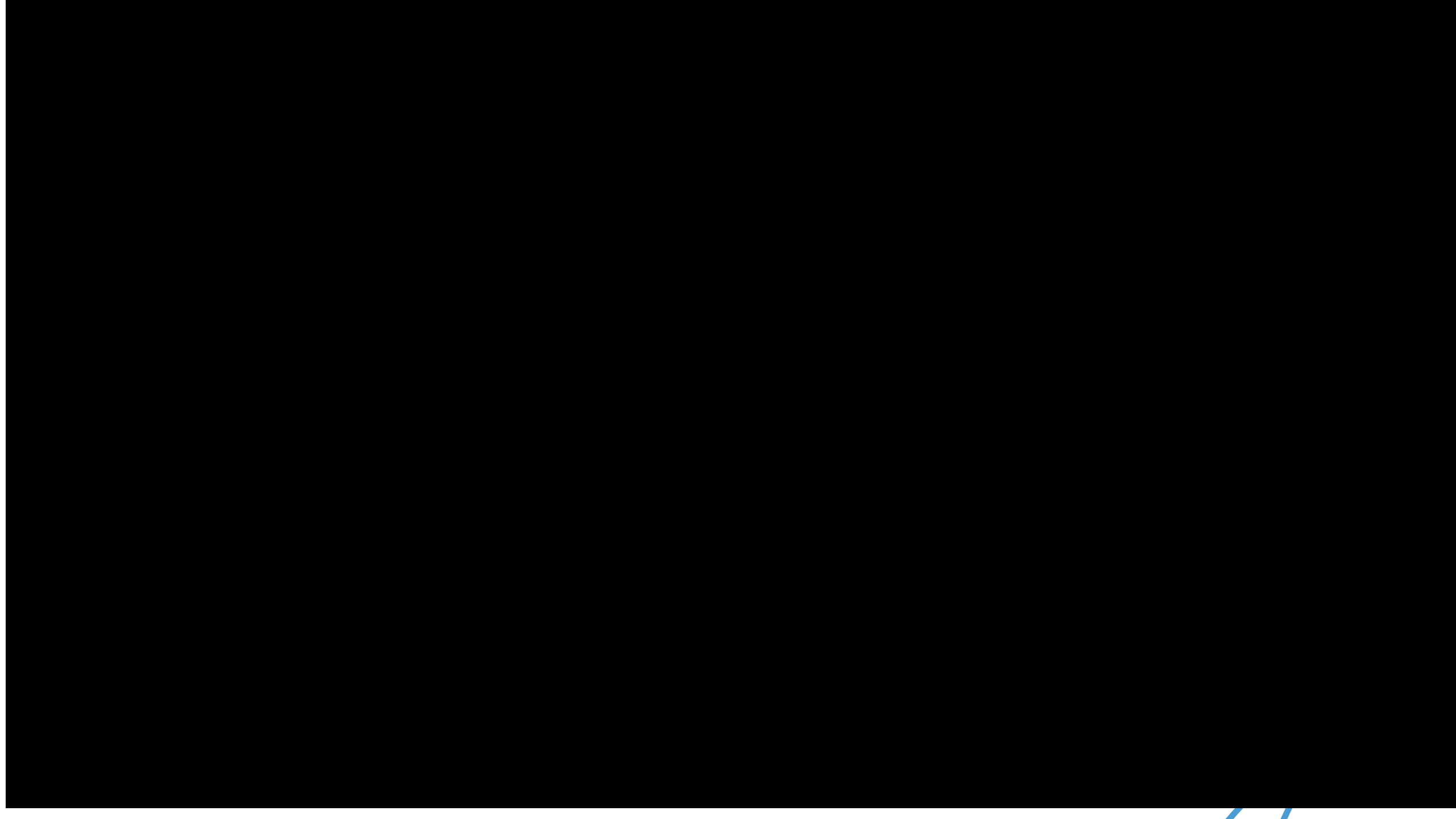
- Keeping a gratitude diary for two weeks produced reductions in stress (28%) and depression (16%) in health-care practitioners.
- Two gratitude activities (counting blessings and gratitude letter writing) reduced the risk of depression in at-risk patients by 41% over a 6-month period.
- Dietary fat intake is reduced by as much as 25% when people are keeping a gratitude journal.
- Grateful people have 16% lower diastolic blood pressure and 10% lower systolic blood pressure compared to those less grateful.

(Dickens, 2017; Emmons & McCollough, 2004; Wood, Froh, & Geraghty, 2010)

Gratitude Practice

For one minute, write down
all the *small* things that you
are grateful for.





Self-Appreciation

Appreciating our good qualities

- Common humanity – we all have good qualities!
- It doesn't mean we are better than others – we are more *like* others.
- Our good qualities come from influences of others.



Breakout Rooms

How can you envision bringing these practices into your life?

What practices will work for you?

- Savoring
- Gratitude
- Self-appreciation



Advancing knowledge to
transform children's lives



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CHILD DEVELOPMENT INSTITUTE

EVALUATION

Link to evaluation: <https://ttc-gpra.org/P?s=546932>

Join us again, follow us on social media!

****Completed evaluation required from all participants to continue providing these FREE events!***

Email: nadia.kalinchuk@austin.utexas.edu

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