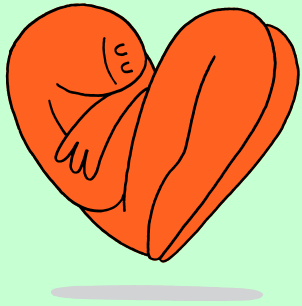

Be Your Own BFF | Self-Compassion



SELF-COMPASSION IS ABOUT TREATING YOURSELF AS YOU WOULD TREAT A COLLEAGUE OR A CLOSE FRIEND. THINK ABOUT HOW YOU WOULD SUPPORT THEM THROUGH GOOD DAYS AND THROUGH CHALLENGING TIMES. SELF-COMPASSION INVOLVES TREATING YOURSELF WITH THAT SAME LEVEL OF RESPECT AND KINDNESS. SELF-COMPASSION IS A POWERFUL SOURCE OF INNER STRENGTH, LINKED TO WELL-BEING, RESILIENCE AND WORKPLACE PRODUCTIVITY.

NOT SURE WHERE TO BEGIN? STRETCH YOUR ARMS WIDE. CROSS YOUR HANDS TO OPPOSITE SHOULDERS. SQUEEZE! WE COULD ALL BENEFIT FROM A LITTLE SELF-LOVE.

Discussion Questions

1. How do you show yourself compassion and kindness each day at work?

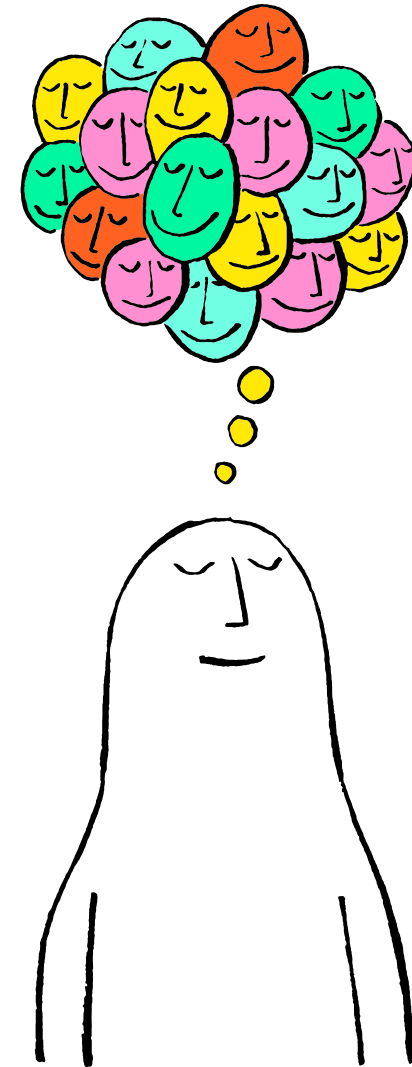
2. When you are feeling good about yourself, how does this affect your mood at work?

3. Identify a moment at work when you were unkind to yourself. How could you be kinder to yourself in those moments of self-doubt?

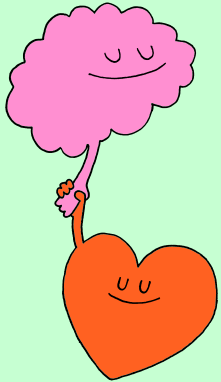
Take Action

1. Experiencing short moments of self-doubt or insecurity is completely normal. The next time you notice self-criticism, ask yourself: "Is there a kinder response?" This practice can help to retrain your brain to respond with compassion.

2. Take out a pen (or a coloured marker) and a couple post-it notes. Take a few moments to write kind words that describe your best self. Post these notes in your workspace and use them as friendly reminders that **YOU ARE AWESOME.**



Be Your Own BFF | Self-Care



SELF-CARE IS AN ACTIVITY THAT YOU DO TO TAKE CARE OF YOUR MENTAL, EMOTIONAL AND PHYSICAL WELL-BEING. IN FACT, SCIENCE HAS SHOWN THAT PRACTISING SELF-CARE SKILLS REGULARLY CAN ACTUALLY BUILD STRONGER NEURAL CONNECTIONS IN THE BRAIN.

THE MOST IMPORTANT THING TO REMEMBER IS THAT SELF-CARE CAN BE A TOOL TO UPLIFT YOUR MOOD WHEN YOU'RE FEELING LOW, OR IT CAN BE A WAY TO SUPPORT YOUR OWN WELL-BEING WHEN YOU'RE FEELING GREAT. SIMPLE ACTIONS TO CARE FOR YOURSELF CAN BECOME LIFELONG TOOLS TO SHOW YOURSELF SOME EXTRA LOVE EACH DAY.

Discussion Questions

1. What are your favourite self-care activities?

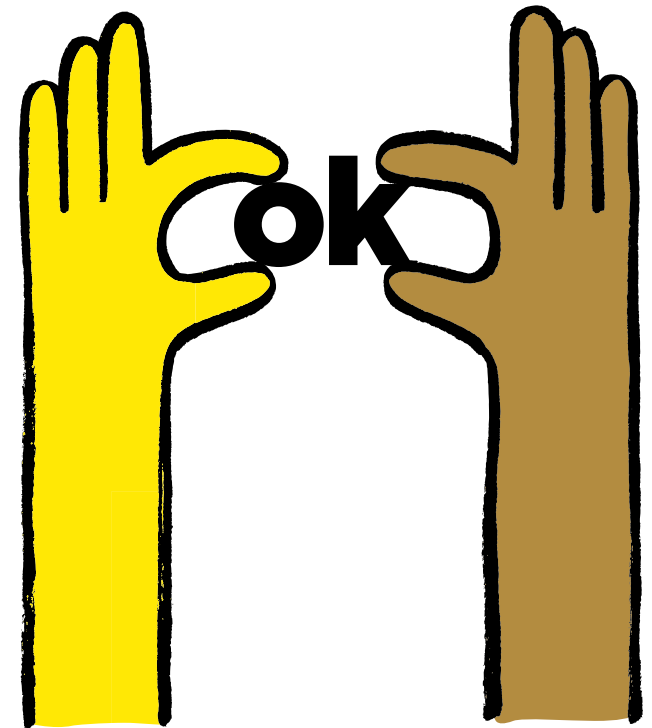
2. How do you care for your own mental and physical well-being inside or outside of work?

3. How does self-care improve your own well-being at work?

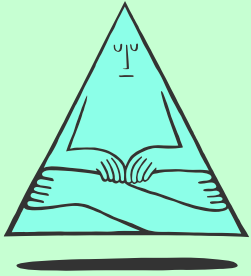
Take Action

1. As a team, discuss the ways in which you can build one self-care activity into your work week. Remember, self-care can be anything. It could be a short walk or an after-lunch meditation moment. Find what works for you! It's important to take time for yourself in order to recharge your mind, body and soul.

2. Consider using a self-care activity as an opportunity for team bonding. For example, choose a TV show to watch weekly and schedule time to debrief each episode together. Alternatively, start a book club and discuss chapters together weekly over a Zoom call or after work.



Be Your Own BFF | Mindfulness



MINDFULNESS IS A MENTAL STATE ACHIEVED BY FOCUSING YOUR AWARENESS ON THE PRESENT MOMENT. IT CAN BE CHALLENGING TO STAY FOCUSED ON THE PRESENT WHEN THERE ARE GREAT TOOLS TO REMIND US OF THE PAST (E.G., PHOTOGRAPHS, VIDEOS, ETC.) AND DAY PLANNERS OR JOURNALS TO PLAN FOR THE FUTURE. CONSIDER TAKING A MOMENT FOR YOURSELF EACH DAY TO GROUND YOURSELF IN THE PRESENT. THIS WILL ALLOW YOU TO CHECK IN WITH YOURSELF AND TO NOTICE HOW YOUR BODY IS FEELING OR WHAT IT NEEDS AT THAT TIME.

Discussion Questions

1. What does mindfulness mean to you?

2. What do you do to focus on the present moment?

3. How can you become more mindful?

Take Action

1. Try this: find a comfortable place to sit, close your eyes and bring your awareness to your breath. As you breathe in and out, notice any sensations in your body or any thoughts that are trying to distract you from your breath.

2. New to meditation? No problem. Meditation studios and online guided meditations are becoming more and more available. Consider going to a meditation class together as a team or following the same guided meditation. Notice how these small activities can enhance group mindfulness.

