

## COMPASSION FATIGUE, MBSR & MSC RESOURCES

### SELF-ASSESSMENTS

ASSESSMENT FOR	ASSESSMENT TOOL	COMPONENTS
<b>COMPASSION FATIGUE</b>	Professional Quality of Life Scale (PQOL) <ul style="list-style-type: none"> <li>• <a href="#">Online Version</a></li> <li>• <a href="#">PDF Download</a></li> </ul>	<ul style="list-style-type: none"> <li>• Compassion Satisfaction</li> <li>• Burnout</li> <li>• Secondary Traumatic Stress</li> </ul>
<b>BURNOUT</b>	Maslach Burnout Inventory (MBI) <ul style="list-style-type: none"> <li>• <a href="#">Paid with report provided</a></li> <li>• <a href="#">Free Download &amp; Self-Scoring</a></li> </ul>	<ul style="list-style-type: none"> <li>• Emotional Exhaustion</li> <li>• Depersonalization</li> <li>• Personal Accomplishment</li> </ul>
<b>SELF-COMPASSION</b>	Self-compassion Scale (SCS) <ul style="list-style-type: none"> <li>• <a href="#">Online Version</a></li> <li>• <a href="#">PDF Download</a></li> <li>• <a href="#">Short SCS Version PDF</a></li> </ul>	<ul style="list-style-type: none"> <li>• Self-Kindness</li> <li>• Self-Judgement</li> <li>• Common Humanity</li> <li>• Isolation</li> <li>• Mindfulness</li> <li>• Over-identification</li> </ul>

These assessment tools are the gold standard for assessing for compassion fatigue, burnout, and self-compassion. A reminder that these tools ARE NOT intended to diagnose and should be used for assessment purposes only.

## MINDFULNESS-BASED STRESS REDUCTION (MBSR)

MBSR, or Mindfulness-Based Stress Reduction, is an eight-week mindfulness training program that was created by Jon Kabat-Zinn in 1979 at the University of Massachusetts Medical Center. He initially created it for chronically ill patients who were not responding well to traditional treatments, but it is now used for a wide variety of reasons by hundreds of thousands of people worldwide. MBSR is supported by a wide body of research showing that it is effective at addressing chronic pain, anxiety, depression, and general stress reduction. MBSR demonstrably and repeatedly helped patients in those eight weeks and in some cases had proven effects up to four years later.

It is a secular program and is one of the largest non-religiously based mindfulness meditation programs. Its roots do come from spiritual teachings, as do all mindfulness meditation programs, but it is largely based on proven medical and psychological research. Because of this, it is open to everyone and does not suggest any religion over another to its students.

## 9 ATTITUDINAL FOUNDATIONS OF MINDFULNESS

- Non-judging
- Beginner's Mind
- Letting Go
- Patience
- Non-striving
- Gratitude
- Trust
- Acceptance
- Generosity

## COMMON MBSR PRACTICES

- Breathing
- Seated Meditation
- Loving Kindness Meditation
- Body Scans
- Mindful Walking
- Gratitude Journaling
- Focused Awareness
- Yoga & Mindful Movement
- Group Discussion

## RECOMMENDED MBSR PROGRAMS & RESOURCES

In addition to running 8-week MBSR programs, these schools also offer seminars, workshops, retreats, and have many resources and guided practices available on mindfulness and MBSR. It is recommended to join their mailing lists to stay looped in on upcoming events, current research, and other information pertaining to mindfulness.

- [UMass Center for Mindfulness](#)
- [Brown University School of Professional Studies](#)
- [UC San Diego Center for Mindfulness](#)
  - [Helpful Resources & Guided Practices](#)
- [Mindful Leader](#)
  - [Resources & Guided Practices](#)

## RECOMMENDED MBSR BOOKS & WORKBOOKS

- [Full Catastrophe Living \(Revised Edition\): Using the Wisdom of Your Body and Mind to Face Stress, Pain, and Illness](#)
- [A Mindfulness-Based Stress Reduction Workbook](#)
- [Heal Thy Self: Lessons on Mindfulness in Medicine](#)
- [The Heart of Mindfulness-Based Stress Reduction: a MBSR Guide for Clinicians and Clients](#)

## MINDFUL SELF-COMPASSION (MSC)

Mindful Self-Compassion (MSC) was created by Dr. Kristin Neff in an attempt to get individuals to remove self-criticism and instead treat ourselves as we would a best friend. MSC is comprised of 3 elements:

- Self-Kindness vs Self-Judgement
- Common Humanity vs Isolation
- Mindfulness vs Over-Identification

## SELF-COMPASSION VS SELF-ESTEEM VS SELF-PITY

- **Self-Compassion** = Caring for yourself regardless of your abilities
  - "I did this to the best of my ability!" 😊
- **Self-Esteem** = Comparing your abilities to others to feel superior or valued
  - "I'm the best!" 🌟
- **Self-Pity** = Focused on own problems and forget others have similar problems
  - "I'm the only one this happens to" 😞

## RECOMMENDED MSC PROGRAMS & RESOURCES

Dr. Neff has resources for both the public and practitioners. In addition to running a 10-week Mindful Self-Compassion Course, the Center for Mindful Self-Compassion and SelfCompassion.org also offer seminars, workshops, retreats, and have many resources and guided practices available for MSC. It is recommended to join the mailing list to stay looped in on upcoming events, current research, and other information pertaining to mindfulness and MSC.

- [Center for Mindful Self-Compassion](#)
- [Self-Compassion.org](#)
  - [Guided Practices](#)
  - Go to "Resources" and "For Researchers" tabs for Research Tools & MSC Journal Publications

## RECOMMENDED MSC BOOKS & WORKBOOKS

- [Self-Compassion: The Proven Power of Being Kind to Yourself](#)
- [The Mindful Self-Compassion Workbook: A Proven Way to Accept Yourself, Build Inner Strength, and Thrive](#)
- [Fierce Self-Compassion: How Women Can Harness Kindness to Speak Up, Claim Their Power, and Thrive](#)
- [Mindful Self-Compassion for Burnout: Tools to Help You Heal and Recharge When You're Wrung Out by Stress](#)

## LETTER OF SELF COMPASSION

We tend to be our toughest critics. Holding ourselves to unrealistic standards of perfection, it is not uncommon to judge or criticize ourselves in one or various aspects of our being.

As we learn to speak to ourselves with compassion, we slowly begin to counteract the negative self-speak of the mind. We start to become more content, confident, and at peace with who we are.

This practice is a journal exercise that invites us to write ourselves a letter of care and kindness from the point of view of someone who loves us.

### Writing Your Letter

1. Take a moment to consider one or two of the things you judge yourself for or dislike about yourself. Reflect for just a couple of minutes on how these perceived inadequacies make you feel. Notice how the mind can narrow in on these areas, failing to see the complete picture of who you are. What emotions come up? Don't think – JUST WRITE!
2. Next, bring to mind the image of someone who loves you. It might be a friend, a parent, a grandparent, or anyone else – and it can be someone of either your past or present.
3. Now write a letter to yourself from this person you have imagined. Write from your innermost sense of kindness, care, and non-judgment.
  - What would this friend say to you about your "flaws" from the perspective of unlimited compassion?
  - How would this friend convey the deep compassion he/she feels for you, especially for the pain you feel when you judge yourself so harshly?
  - What would this friend write to remind you that you are only human, that all people have both strengths and weaknesses?
  - If you think this friend would suggest possible changes you should make, how would these suggestions embody feelings of unconditional understanding and compassion?
4. After you finish writing the letter, put it down and come back to it in a few hours. Notice how it makes you feel as you read it back to yourself.
5. Consider that the words written here did not come from another person or from a 'different' you: they came from the person that you are right now. They are your own words that arose from the side of yourself that is self-compassionate and self-caring. Know that this capacity for self-kindness is always present within you.

### BONUS STEP!

Consider putting this letter in a stamped envelope with your mailing address on it. Bring your letter to another mailbox or your local post office to send out. Read your letter to yourself again upon receipt

OR go to <https://www.futureme.org> to copy and paste your letter. Choose a timeframe to email it to yourself and read your letter again (recommend a minimum of 6 months).

## MICRO PRACTICES

Stress and disengagement can arise at any time during the day. That's why it's important to have practices that can be used as needed. Micro practices are designed to be integrated into a busy day. All can be practiced in five minutes or less, and some can be done while continuing to engage in what you are doing. While they are shorter, these practices incorporate the same powerful principles as longer ones, and can make a significant difference to your physical and mental experience.

### Breathing Practices

Breathing practices are the fastest way to down-regulate your level of mental and physiological arousal. They reduce stress by impacting the parasympathetic nervous system and toning the vagus nerve. They also strengthen the diaphragm which is the primary breathing muscle, which improves our breathing and increases oxygen flow to the body and brain.

#### Box Breathing

Box breathing slows and deepens the breath. It also conditions the lungs through brief breath holds. Paced breathing, like box breathing, can help calm the nervous system and the mind. The breath is drawn in, held, released, and held again for the same duration, like four equal sides of a box.

- Take a posture that allows the belly and chest to be open and unconstricted.
- Breathe in slowly through the nose and down into your belly as you count to four. Then count to four again as you hold the breath.
- Breathe out deeply through the nose as you count to four, lulling your belly button in. Then hold your breath again to the count of four.
- Repeat 3-10 times.

#### Paced Breathing

Paced breathing exercises were popularized by Dr. Andrew Weil, Harvard physician and author. The paced breaths are slow, smooth, and deep enough to move your diaphragm — the muscular wall located beneath your lungs — as you take deeper breaths. The goal of paced breathing is to reduce the stress chemicals your brain produces and facilitate a relaxation response.

- The count of the outbreath is equal to, or slightly longer than, the inbreath. For example, breathe in through the nose to the count of 4 and breathe out through the mouth to the count of 4, 5, or 6 (like you're blowing out a candle.) Repeat 3-5 cycles of breath anytime throughout the day or in moments of stress.

### Body Practices

Bringing awareness to your body is a powerful way to disengage from stressful thought patterns and come back to your present moment experience. Body awareness practices can be done by moving the body, or simply by redirecting your attention to body sensations.

#### Body Awareness

Bringing your attention to the sensations in your feet on the floor if you are standing or in your sitz bones if you are seated, and then continuing on with what you are doing.

#### Stretching

Bringing awareness to the body by stretching periodically throughout the day. You can do simple stretches such as stretching the arms, twisting the body, rotating the head and neck, tense and release, or shoulder rolls.

## Attention Practices

These practices help to calm the nervous system by shifting how we are relating to stressful thoughts and emotions. They are introspective practices that are done while taking a break from your daily activities.

### STOP

A four-step awareness practice created by Jon Kabat-Zinn, to help calm the nervous system in stressful situations or as you go through the day.

- **S** - Stop what you are doing, and come into a posture that feels stable and balanced
- **T** - Take a few conscious breaths, and feel your feet on the floor or your sitz bones in the chair.
- **O** - Observe what is going on inside you (sensations in the body, thoughts, emotions) with an open and accepting mindset, not judging or trying to change it
- **P** - Proceed with what is next, with more connection and conscious choices

### RAIN

This four-step practice helps to navigate the emotions and self-judgments that can arise during stressful events. It was initially created by Michelle McDonald and later popularized by Tara Brach. Begin by taking a seated posture that feels stable and grounded.

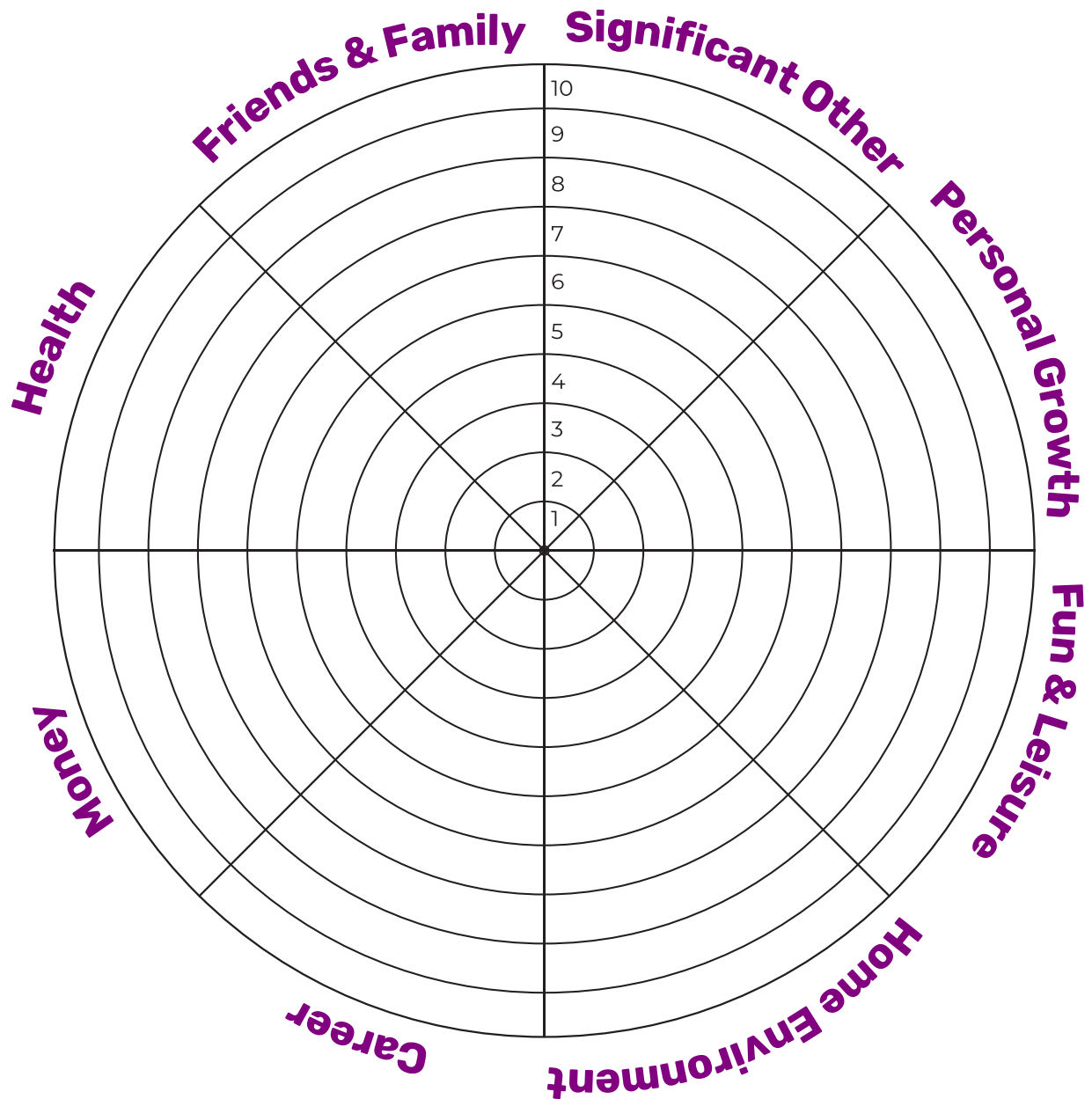
- **R** - Recognize your emotions and internal experience in this moment
- **A** - Allow the experience to be there, just as it is
- **I** - Investigate your experience with kindness. Explore what it is about, and how it is felt in the body
- **N** - Non-identify with your experience, by not needing to define or judge yourself by it. There is no right or wrong way to feel, and emotions will come and go, ebb and flow if we let them.

## Practicing Micro Practices

Try each of these practices with an open mind and a sense of curiosity. See how each one feels and which of these micro-practices you tend to gravitate towards. Consider journaling about your experience with each practice.

Once you have taken an opportunity to try each of these practices a few times, pick 2-3 that will be your go-to in situations when you need to take a time-out to reset yourself.

## LIFE WHEEL



## COMPLETE THE WHEEL

1. Review the 8 categories – think about each category and assign a score to it, with 1 being low satisfaction and 10 being high satisfaction.
2. The outermost level of the wheel represents 10, and the section closest to the center represents 1. Color or shade the sector up to the level of satisfaction you identified in Step 1 for each category.
3. Once all the sectors have been shaded depending on your satisfaction for each, use a marker or thick pencil to outline the shaded area. The circumference of the shaded area is your Wheel of Life.
4. What do you notice about your wheel? What areas can you focus on improving satisfaction?

## WHAT IS MY ULTIMATE PURPOSE?

Use this worksheet to help assess and re-assess your purpose at this point in your life. This worksheet is a starting point to help reconnect with your purpose in your personal and professional life. Keep your versions of this worksheet available to go back and reflect.

**List the 10 most important values in your life – how you really live.**

**List the 5 most important people in your life.**

**List the 3 most important events in your life.**

**List the 5 biggest problems, issues, concerns in your neighborhood, community, state of world that you would most want to do something about.**

**List 5 times you felt most at home, or the best fit, or that the best was drawn out of you.**