

The Ontario Caregiver Organizations Presents the SCALE Program  
Supporting Caregiver Awareness, Learning & Empowerment

## **SESSION 2: STRATEGIES FOR CAREGIVER MENTAL HEALTH & WELL-BEING**

This webinar provides an overview of the common elements of the caregiver journey.

### **Week 2: The Self-Compassionate Caregiver**

**Self-compassion** entails being warm and understanding toward ourselves when we suffer, fail, or feel inadequate, rather than ignoring our pain or flagellating ourselves with self-criticism.

#### **3 Components of Self-Compassion**

1. Notice your suffering - Mindfulness
2. Treat yourself with kindness and care
3. Remember you are human and that imperfection is part of the human experience.

#### **Incorporating Self-Compassion into our Lives**

- Take a Self-Compassion Break
- Self-Compassion Journaling
- Role –Play a Friend
- Show Physical Compassion
- Self-Compassion Meditation

#### **Suggested Resources**

- Alfred & Shadow - A Short Story about Self-Criticism - YouTube
- Guided Self-Compassion Meditations - Kristin Neff ([self-compassion.org](http://self-compassion.org))

