

Ten Minute Wellbeing Tips for Managers



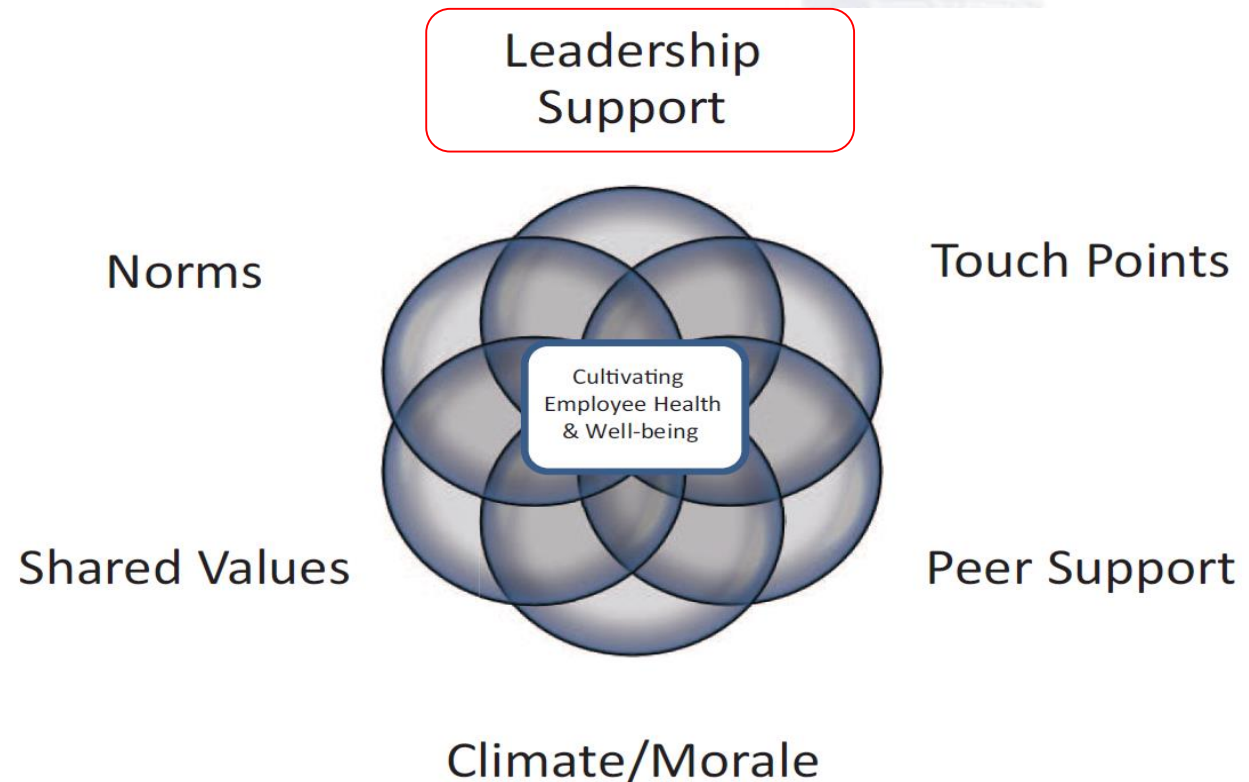
Powered by the Office of Wellbeing

Vision: For our employees to leave work at the end of the day healthier than when they arrived

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Theme: Becoming a Better Leader

Episode 46: Compassionate Self-Awareness



Compassionate Self-Awareness

Compassion +

Awareness +

Self

Compassion

“ The feeling that arises when you are confronted with another's suffering and feel motivated to relieve that suffering”

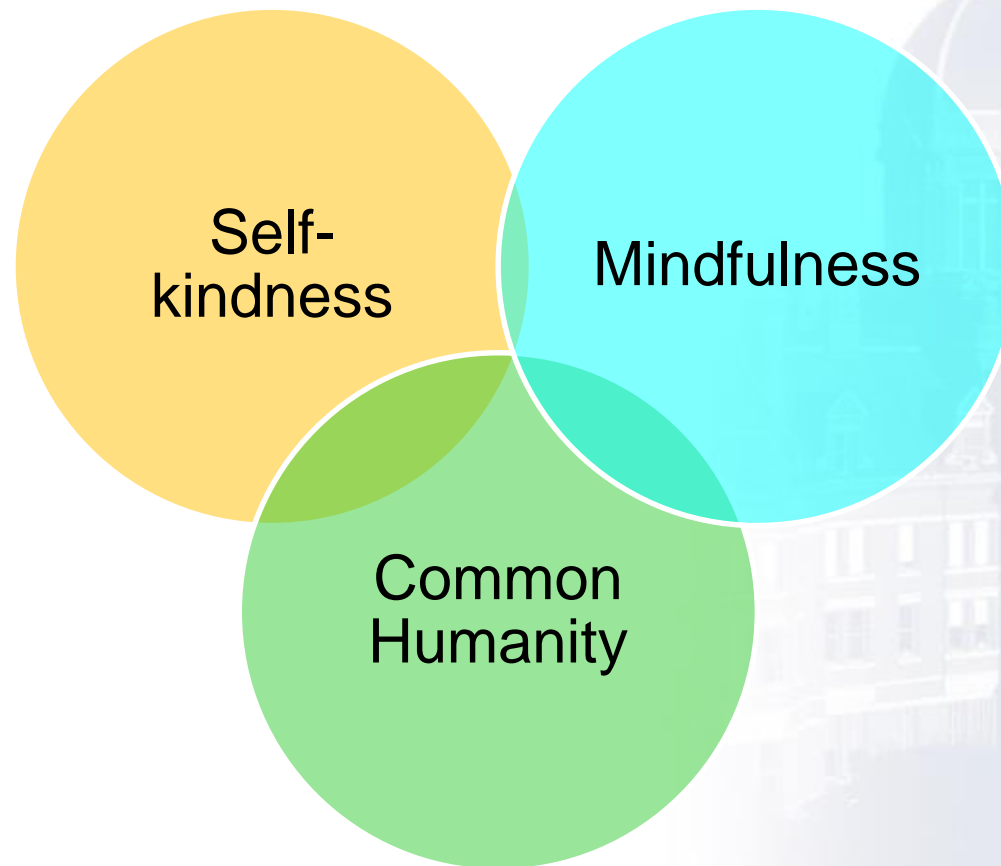
Source - <https://greatergood.berkeley.edu/topic/compassion/definition>

Self-compassion

Self-compassion is showing the same care and concern we have for others to ourselves; and offering ourselves warmth, understanding, and acceptance when we make mistakes, suffer, or have a difficult time.

Through self-compassion we become an inner ally instead of an inner enemy

The 3 Elements of Self-Compassion



Kristin Neff & Christopher Germer (2018), *The Mindful Self-Compassion Workbook*, pp10-12

Mindful Awareness

be.
here.
now.

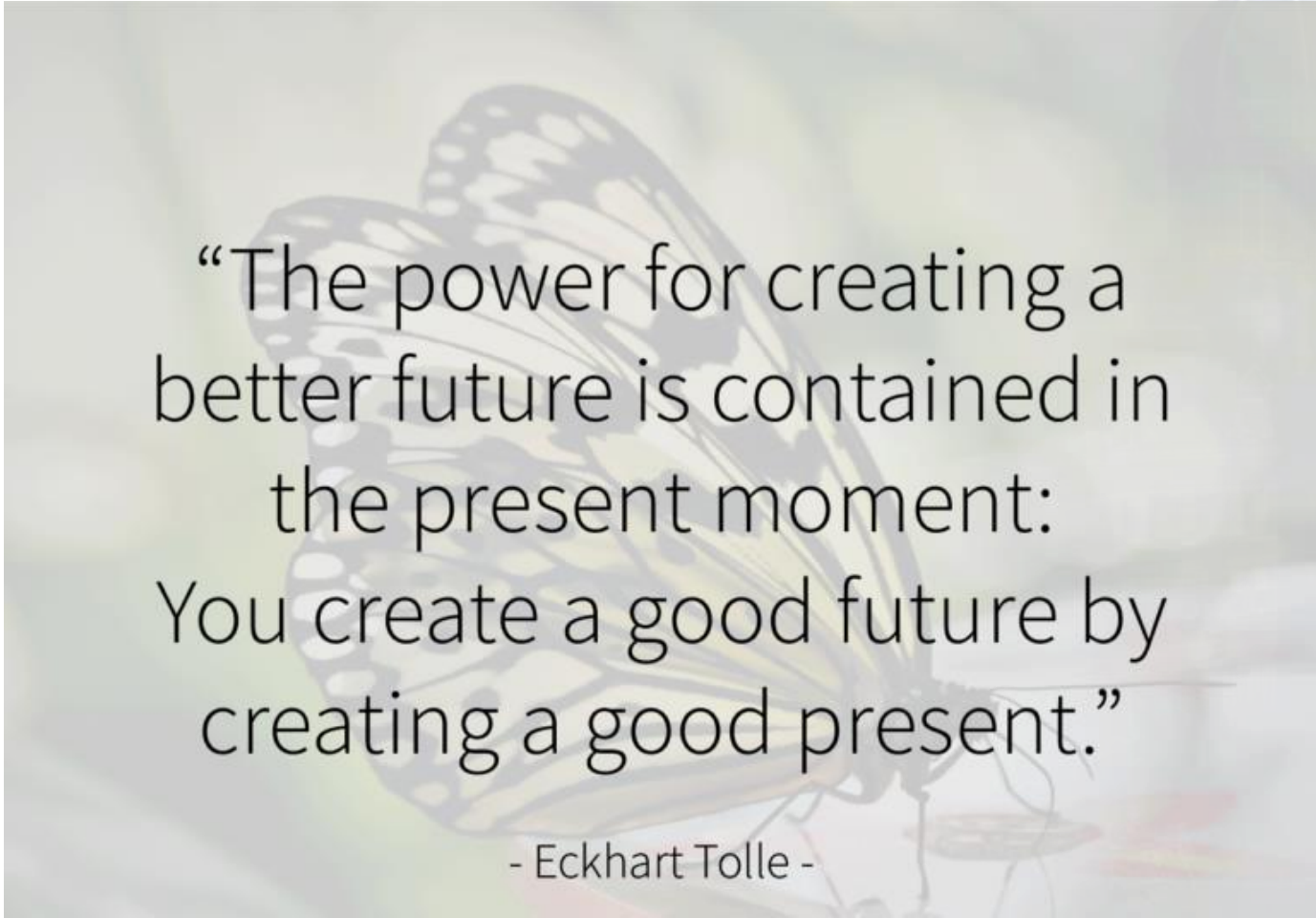
The present moment is the only
moment available to us, and it is
the door to all moments.

- Thich Nhat Hanh -



Mindfulness was introduced in Session 36: <https://youtu.be/28geuWueHMM>

Present moment self-awareness



“The power for creating a better future is contained in the present moment: You create a good future by creating a good present.”

- Eckhart Tolle -

Self-Compassionate Self-Awareness



- Noticing our thoughts, feelings, choices and behaviors moment-by-moment
- without judgment
- with curiosity
- with kindness and caring

Self-Compassionate Self-Awareness & Our Learning Journeys

Learning is a Journey

<https://www.hopkinsmedicine.org/joy-at-jhm/office-of-well-being/resources/leadership/manager-tips>



**The real voyage of discovery consists
not in seeking new landscapes,
but in having new eyes.**

Marcel Proust

Recognizing our inner critic(s)



Quieting our inner critic with grateful reflection & boundaries



ABCD Practice

A. Awareness

B. Breathe

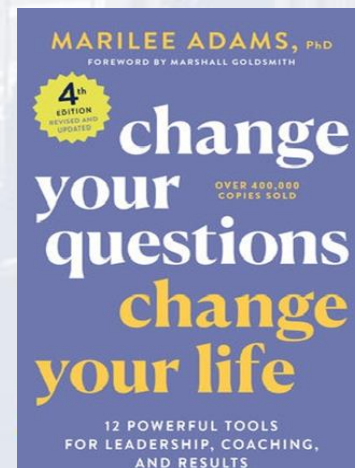
C. Compassionate curiosity

D. Decide



Find your compassionate learner questions

- Is this thought true?
- Is it helpful?
- Is it fair?
- Is it kind?
- Who do I choose to be in this moment?
- How do I choose to feel in this moment?
- How else can I think about this?
- What is this really about?
- What do I need in this moment?



Recommended resource:

Acknowledge your experience and your needs

Recognize

Allow

Investigate

Nurture



Masterclasses on the Calm App

<https://www.calm.com/jhu>



Radical Self-Compassion

Tara Brach



Creative Living Beyond Fear

Elizabeth Gilbert

Self-Compassion Resources

Self-Compassion in Action (45-minutes)

Access this on the Healthy at Hopkins wellness menu

RAIN: A practice of radical compassion (Tara Brach)

<https://www.tarabrach.com/rain/>

Self-Compassion (Dr Kristin Neff):

<https://www.self-compassion.org>

Center for Mindful Self-Compassion

<https://centerformsc.org>

Greater Good Science Center:

https://ggia.berkeley.edu/practice/self_compassion_break

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Manager tip 51

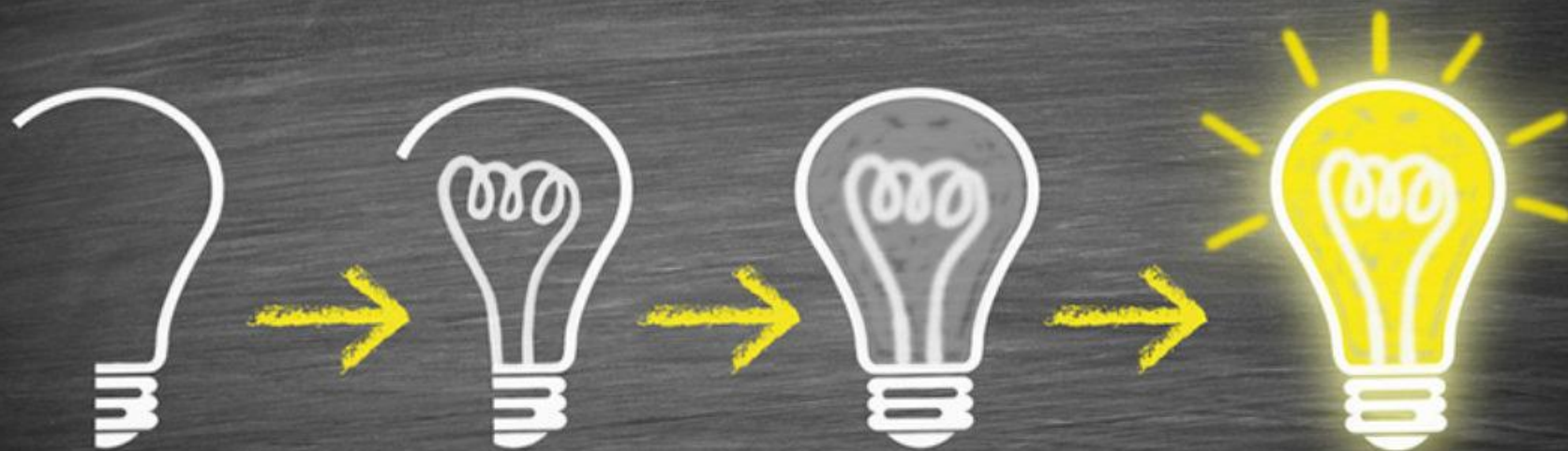
Remember that you deserve your attention and compassion as much as any one else.

Manager tip 52

Get to know your inner critic(s).



Next week: Well-being lessons learned and stories of impact



Connect with Healthy at Hopkins and the Office of Wellbeing

Healthy at Hopkins

- Access the portal via my.jh.edu and click on the 'Healthy at Hopkins' tile
- 833-554-4554
- healthyathopkins@jhmi.edu

Office of Wellbeing

- <https://www.hopkinsmedicine.org/office-of-well-being>
- OWB@jhmi.edu

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Additional Wellbeing and Leadership Resources

- LinkedIn Learning
- Sure People

What Question Do You Have?

