Reflective Notes for Building Educator Resilience Through Self-Compassion and Gratitude

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Reflective Notes are designed for you to follow along and actively participate with the PowerPoint slides and webinar. You can make notes, write questions, expand your thinking on a topic, or doodle. These notes correspond directly to the content presented in the slides.

Objectives
1. Learn the benefits and importance of a practice of self-compassion and gratitude.
2. Learn how to create a practice of self-compassion and gratitude to support your wellbeing.
3. Learn and experience 3 mindfulness/meditation exercises.

For the next hour I will extend loving kindness to myself by…

So, I can…

Resilience (Aguilar, 2018)
➢ “A way of being that allows us to bounce back quickly from adversity, and stronger than before, so that we can fulfil our purpose in life.”
➢ “How we weather storms in our lives and rebound after something difficult.” (Aguilar, 2018)
➢ “What enables us to thrive, not just survive.”
➢ “…a set of adaptive behaviors

I feel most resilient when I…
Organization

What is the practice
  • the definition
Why we practice
  • the benefits
How we practice
  • the mechanics
How to support your practice
  • habit building

Today I would like to learn…

about gratitude and self-compassion practices.

Guided meditation gratitude for a teacher in your life (https://www.facebook.com/welleducator/)

Who is that special teacher in your life? Who has inspired you?

How does it feel to express gratitude?

Two Components of Gratitude (Robert Emmons)

“It’s an affirmation of goodness.

• We affirm that there are good things in the world, gifts and benefits we’ve received.”

“We recognize that the sources of this goodness are outside of ourselves.”

• Acknowledge that others gave us many gifts to help us achieve the goodness in our lives.

https://greatergood.berkeley.edu/topic/gratitude/definition
Why Practice Gratitude?

<table>
<thead>
<tr>
<th>Physical</th>
<th>Psychological</th>
<th>Social</th>
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| • Stronger immune systems  
• Less bothered by aches and pains  
• Lower blood pressure  
• Exercise more and take better care of their health  
• Sleep longer and feel more refreshed upon waking | • Higher levels of positive emotions  
• More  
• Alert, alive, and awake  
• Joy and pleasure  
• Optimism and happiness | • Feel less lonely and isolated  
• More  
• Helpful, generous, and compassionate  
• Forgiving  
• Outgoing |

It feels good!

• Activates the **limbic system**  
  o regulating our emotions, memory, and endocrine function (hormones).

• **Brain chemicals** associated with **positivity**,  
  o “uplifting molecular boost”

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**Video Reflection**

*Science of Gratitude Video* [https://youtu.be/JMd1CcGZYwU](https://youtu.be/JMd1CcGZYwU)
How to practice - Personal

♥ Journaling
  o Three things you’re grateful for
  o Three things that went well before you go to sleep

♥ Letters & Texts
  o The Thank-You Project: Cultivating Happiness One Letter of Gratitude at a Time
    ▪ by Nancy Davis Kho
  o Remember difficult times of hardship be grateful to have moved on
  o Guided meditations
    o Insight Timer App
  o Collage
  o Expressions on social media
  o Complimenting someone
  o Spreading kindness & appreciation

Gratitude and Technology

https://www.happierhuman.com/gratitude-app/

Simple Private Colorful Journal App

365 Gratitude

Daily Prompts Games Gratitude Jar
Video Reflection

https://youtu.be/8964envYh58

Robert Emmons Cultivating Gratitude Greater Good Science Center

How to practice - Schoolwide

- Staff awards – silly or formal
- Identification of strengths
- Gratitude statements before a staff meeting
- Gratitude vine or tree
- Offers to help, support, give a break
- Notes of encouragement with a favorite treat or inexpensive goodie

Supporting New Gratitude Practices

- Be intentional
- Make it easy
  - Design your environment
- Make it fun
  - Use an App
  - Journal/pens/stickers
  - Thank you cards
  - Voice recordings

Make a commitment to start a new habit!

I will (behavior) at (time) in (location).

I will write in a gratitude journal after breakfast on Monday’s and Wednesday’s in my office.

James Clear Atomic Habits
“Treating ourselves as we would treat a dear friend who is having a hard time.” (Neff, 2018)

“Compassion for others must begin with self-compassion.”

(Aguilar, 2018)

Self-Compassion

♥ “…refraining from judging yourself harshly and berating yourself” (Aguilar, 2018)
♥ “Extending kindness to yourself so that you can have the strength and energy to examine yourself and make changes.” – Aguilar, 2018

3 Elements of Self-Compassion (Neff, 2018)

➢ Self-kindness vs. self-judgment
  o Treat ourselves as we would a good friend
➢ Common humanity vs. isolation
  o Not alone in our imperfections; suffering as part of the human experience
➢ Mindfulness vs. overidentification
  o We choose how we respond to negative thoughts, feelings, body sensations
  o We don't get “stuck”

Video Reflection

Self-Compassion Part 1 Kristin Neff (https://youtu.be/Tyl6YXp1Y6M)

Why Self-Compassion Practices?

➢ Negativity bias
  o focus on and be motivated by negative thought patterns like criticism, pain, and danger.
➢ Shift to motivate with compassion rather than self-criticism.
➢ Positive impact on educator well-being, resilience, and stress management.

https://www.mindfulschools.org/training/self-compassion-for-educators

How to Practice Self-Compassion - Personal

1. Name emotion without judgement
   • “I’m not alone, many people are feeling anxious right now.”
2. Extend kindness to yourself as you would a friend
• **Say something**
  - “I am safe, I have what I need, I am strong and resilient!”
  - “This is difficult AND I can do this!”
  - “What do I need now?”

• **Do something for yourself**
  - Accumulate positives just for you
  - Build mastery
    - Do something that brings you a sense of accomplishment

3. Loving Kindness Meditation
   - [https://ggia.berkeley.edu/practice/loving_kindness_meditation](https://ggia.berkeley.edu/practice/loving_kindness_meditation)

4. Kristen Neff Self-Compassion Exercises
   - [https://self-compassion.org/category/exercises/](https://self-compassion.org/category/exercises/)

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Places I want to visit on **Kristen Neff’s Website**:

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5. Mindful Schools – Self-Compassion for Educators
   - [https://www.mindfulschools.org/training/self-compassion-for-educators/?gclid=Cj0KCQiAqdP9BRDVARIsAGSZ8Ako9r1A0q_iRBzwr1DzLC0n4q5m1iZl36yiUjxzglQOzZq-mmJ7vsaAo45EALw_wcB](https://www.mindfulschools.org/training/self-compassion-for-educators/?gclid=Cj0KCQiAqdP9BRDVARIsAGSZ8Ako9r1A0q_iRBzwr1DzLC0n4q5m1iZl36yiUjxzglQOzZq-mmJ7vsaAo45EALw_wcB)

Places I want to visit on the **Mindful Schools Website**:
How to practice – Schoolwide

➢ Agenda “Compassion Practice”
➢ Sharing stories
  o “Positive experience I had as a student in school was…”
  o “A teacher who positively impacted me was…”
  o “A student whom I’ve been thinking about is…”
  o “Three things I’d like to know about are…”
➢ Invite parents & students to meetings to share their experiences
➢ Hold space to talk about emotions
➢ Greater Good Science Center in Education Website
  o https://ggie.berkeley.edu/?ga=2.19401272.1826322875.1600117635-604797982.1596492804

Places I want to visit on the Greater Good Science Center in Education Website:

Supporting New Self-Compassion Practices

➢ Reminders/inspirational messages
➢ Phone alarms
  o “Am I in judgment?”
➢ Guided Meditations/Meditation Practice
  o Loving Kindness Meditation

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James Clear Atomic Habits
Resources


Other Resources


Greater Good Science Center White Paper on Gratitude


Getting Started on a Gratitude Journal

https://www.moms.com/gratitude-journal-tips-to-get-started/?fbclid=IwAR0i_Nxj5RvKtziZd1fQvAsrKjezkp1W8bL7_hZ6DAYsR2g2-qsH5dNxCmW

Why Gratitude is Good – Robert Emmons

https://greatergood.berkeley.edu/article/item/why_gratitude_is_good


Lee, Jon. Insight Timer https://insighttimer.com/jklee


https://www.turnaroundusa.org/back-to-basics-gratitude/

5 Minute Gratitude Meditation Happier TV https://youtu.be/ZXRMYzV0qNo

Emmons, R.

https://greatergood.berkeley.edu/article/item/ten_ways_to_become_more_grateful1/
