



CONTRA COSTA HEALTH SERVICES WELLNESS TIPS WE ARE ALL IN THIS TOGETHER!



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WAYS TO PRACTICE SELF-COMPASSION


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Tiffany Ku is a first-year resident physician at Contra Costa. For **self-compassion practices**, she loves to practice **yoga** (used to be a certified yoga instructor!), **hike**, and **spend time outside**. When she has extra time, she also enjoys **salsa dancing** and treating herself to a **solo trip**. This topic is very fitting as April is Mental Health Awareness Month.

Ways to Practice Self-Compassion

(From a NY Times article by psychologist Dr. Kristin Neff):

1. **Take a Self-Compassion test:** Link [here](#).
2. **How do I treat a friend? Imagine speaking to yourself as you would speak to a friend in a time of crisis.** Take a piece of paper and write your response down. How does your tone change?
3. **Keep a self-compassion journal.** 
4. **Soothing touches:** Practice **self-hugs**, hold your hands in your lap, or place one/both hands on your heart or stomach—whatever is more relaxing/comfortable.
5. **Take a self-compassion break: Meditate or journal for five minutes** and acknowledge any suffering/stressors in a way that is comfortable to you. **“This is stressful. This is difficult. May I be kind to myself. May I forgive myself. May I accept myself for who I am.”** Sometimes, social media overflows us with posts that may lead to toxic positivity, and it may be helpful to simply sit and let yourself to feel the emotions you have.

*"As David Steindl-Rast reminds us in his podcast, **On Being**, it is important to think about being grateful in the moment and in every moment. This does not mean we are grateful for everything all the time but rather that we can always find something to be grateful for. **Can you take a moment in every busy day to be present and be intentionally grateful for something? Stop** (for a moment in your busy life), **look** at your current opportunity to express gratitude; **go** (express gratitude and continue on your busy way)."*



HEALTHCARE HEROES APPRECIATION BANNER & SELFIES: Send your/your team's **selfies with the Banner** & you will receive a copy of the **2022 Wellness Playbook**. Thank you to [@NolanBagalso](#) for sharing his awesome selfie! CCHSWellness@cchealth.org

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