

Your
Compassionate
Self with *Robin Beardsley MD CCFP*

Tuesdays: 6:00 - 8:30pm
Apr. 2 - May 21, 2019
Location: reYoga
209 Hannah St., Vanier
Cost: \$350 Early Bird by Mar. 20
or \$400 after Mar. 20
Register: see below

Presents: **Mindful Self-Compassion for Health Care Providers**

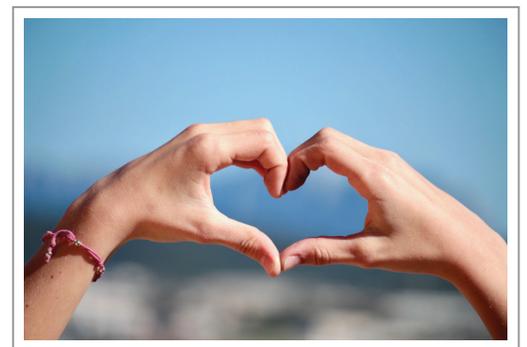
Caring for Yourself while Caring for Others

Caregiver fatigue is a form of relational pain, one of connection, having emotional resonance with someone we care about who suffers and impacts our lives over time. When we empathetically resonate with people who are suffering, it can be draining and even overwhelming. Sometimes when we are impacted in such a way, we forget that all of us humans can and likely have at one time had similar experiences. We forget about this common humanity and believe we are suffering or in pain due to some frailty or inability to cope.

Rapidly expanding research demonstrates that self-compassion is strongly associated with emotional well-being, less anxiety, depression and stress, maintenance of healthy habits and satisfying personal relationships. This 8-week training program, Mindful Self-Compassion (MSC) will give you the opportunity to incorporate mindfulness and self-compassion into your daily life. Mindfulness teaches us to be present with our emotions, and self-compassion helps us respond to these emotions with greater kindness and self-care. You will learn specific tools which will help you navigate the emotional ups and downs that caregiving brings with greater ease.

Topics:

- Practice self-compassion in daily life.
- Understand the empirically-supported benefits of self-compassion.
- Motivate yourself with kindness rather than criticism.
- Handle difficult emotions with greater ease.
- Transform challenging relationships, old and new.
- Manage caregiver fatigue.
- Practice the art of savoring, gratitude, & self-appreciation.



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What to Expect:

Program activities include: meditation, short talks, experiential exercises, group discussion, and home practices. The intention over the 8-week course is for participants to directly experience self-compassion and learn practices that evoke self-compassion in daily life. MSC includes 8 weekly sessions of 2.5 hours each, in addition to a 4-hour retreat. Prior to registering, participants should plan to attend every session and practice mindfulness and self-compassion at least 30 minutes per day throughout the program.

Prerequisites:

No previous experience with mindfulness or meditation is required to attend MSC. Interested participants are required to attend a 60 minute Information Session prior to starting the course.

Information Session: Tues., Mar. 19, 6 - 7pm or 7:30 - 8:30pm

Location: reYoga, 209 Hannah St., Vanier K1L 7M6

Presenter: Robin Beardsley, MD



Robin Beardsley, MD is a Physician who practices psychotherapy and a Trained Teacher in Mindful Self-Compassion. She has always had a passion for care for the caregiver. MSC helps to meet this passion and fits with her positive psychology approach.

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