



Getting Started with Self-Compassion!

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Health services across Manitoba are provided in facilities located on the original lands of First Nations, Inuit, and on the national homeland of the Red River Métis Nation.

Manitoba's health authorities respect that First Nations treaties were made on these territories, acknowledge harms and mistakes, and we dedicate ourselves to collaborate in partnership with First Nations, Inuit, and Métis peoples in the spirit of reconciliation.

Ground Rules

- Please be respectful and remember confidentiality
- Please do not record today's presentation
- Please put your cellphones on silent
- There will be opportunities for questions during the presentation
- Make yourself comfortable- feel free to move, stretch and stand up as needed

Ground Rules

You may print off/download the slides from today's presentation at:

<https://www.panamclinic.org/patients-visitors/patient-resources>

This session is to provide general information that applies to the most commonly experienced persistent pain conditions

Chronic Pain= Persistent Pain

Outline

What is Self-Compassion?

What Gets in the Way of Self-Compassion?

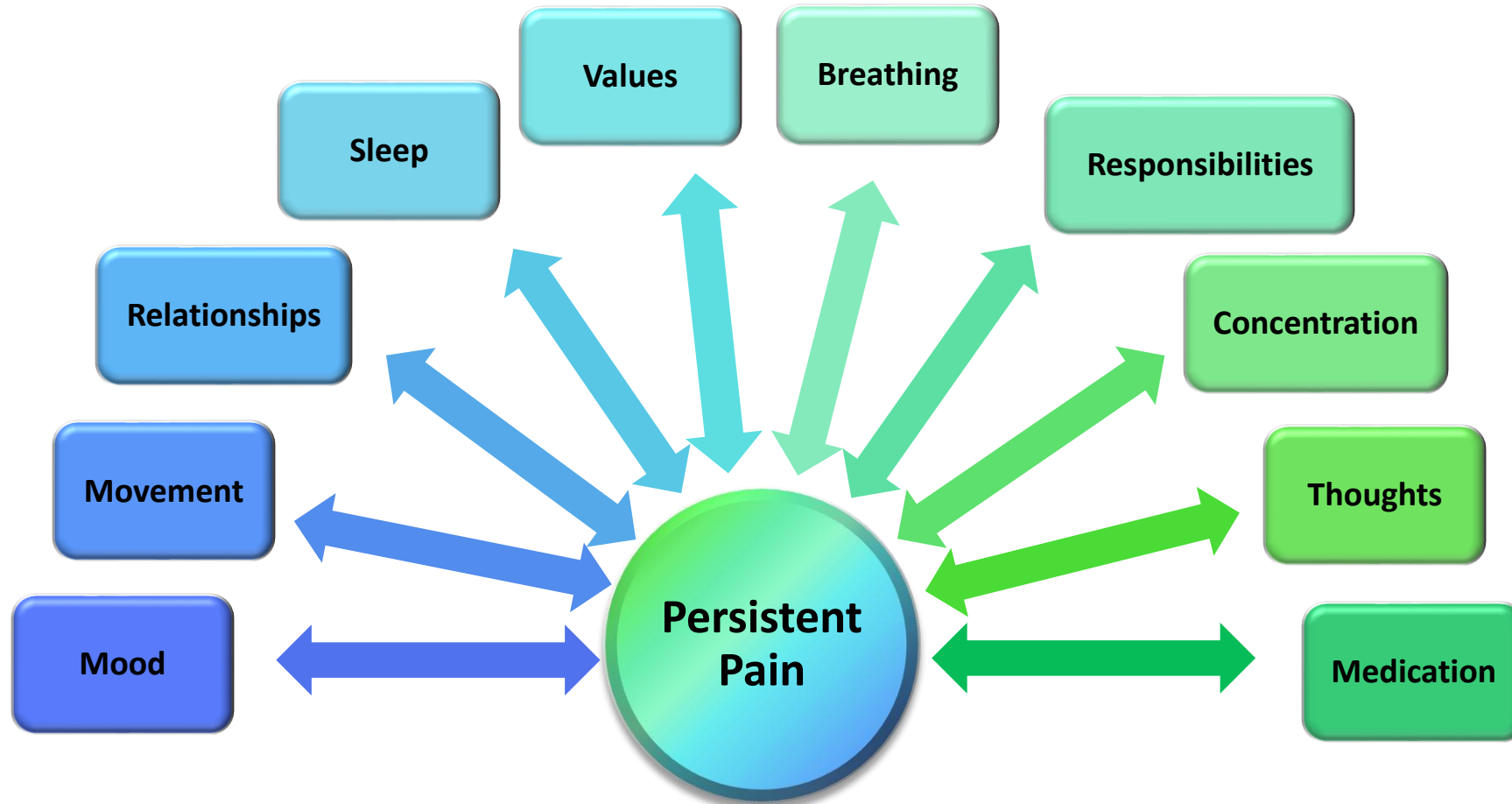
Why Use Self-Compassion?


The Yin and Yang of Self-Compassion

How Do I Practice Self-Compassion?



Persistent Pain is COMPLEX!





What is Self-Compassion

"With self-compassion, we give ourselves the same kindness and care we'd give to a good friend."

self-compassion.org



What is Self-Compassion

Self-Kindness

- "You've got this"
- Physical comfort

Common Humanity

- "I'm only human after all. I don't need to hold myself up to these impossible standards that I would never hold anyone else in the world up to."

Mindfulness

- "Being present with what hurts"
- Label what we are feeling



What Gets in
the Way of
Self-
Compassion?

Self-Compassion is not:

Self-pity

Self-indulgence

Selfishness



Self-
Compassion

**“Only once I accept myself
just as I am, then I can
change”
- Carl Rogers**



How Do I Practice Self- Compassion

Strategy 1: Self-Compassion Break



How Do I Practice Self- Compassion

Strategy 1: Self-Compassion Break

- 1. Mindfulness** – “This is a moment of suffering”
- 2. Common Humanity** – “Suffering is part of life”
- 3. Self-Kindness** – “May I be kind to myself”



People with
higher self-
compassion
have better...

Immune function and health


Health-related behaviours

Motivation to improve after failure

Coping with challenging life circumstances

Personal relationships





Self-
Compassion
within
Persistent
Pain

Improvements in coping with
persistent pain

Improvement with pain acceptance

Reduction in pain intensity and
interference

Improvement in psychological stress

Strategy 2: the Mother Cat Exercise

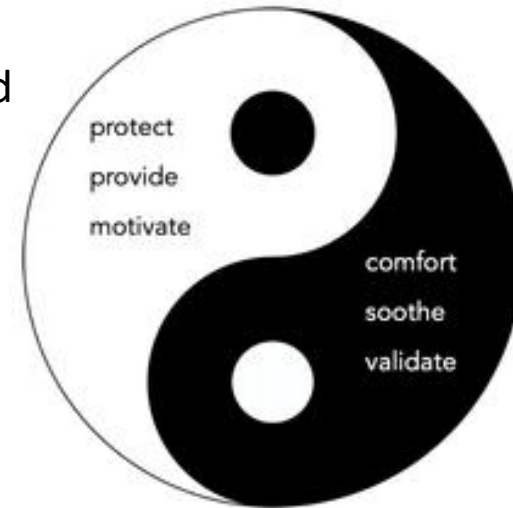
How Do I
Practice Self-
Compassion



The Yin and Yang of Self-Compassion

Acting in
the world

The yin-yang of self-compassion



Being
with
ourselves





**Drawing Healthy
Boundaries**

with Dr. Kristin Neff

@neffselfcompassion

How Do I
Practice Self-
Compassion?

Yin and Yang of Self-Compassion: Examples

Yin	Yang
Self-compassion break	Set Boundaries
"Me Time"	Communication
Deep Breathing	Motivate yourself



How Do I
Practice Self-
Compassion?

Strategy 3: Giving & Receiving



Take Home Points

Self-Compassion Is	Self-Compassion is Not
Self-Kindness	Self-Esteem
Common Humanity	Self-Pity
Mindfulness	Self-Indulgence / Selfish

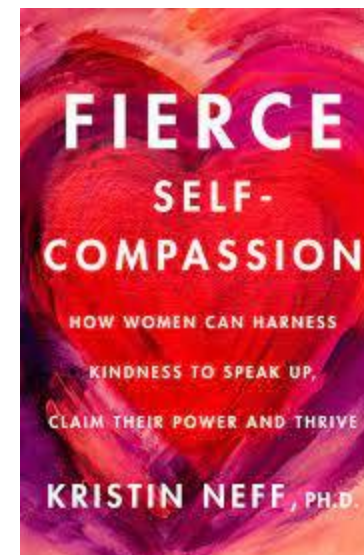
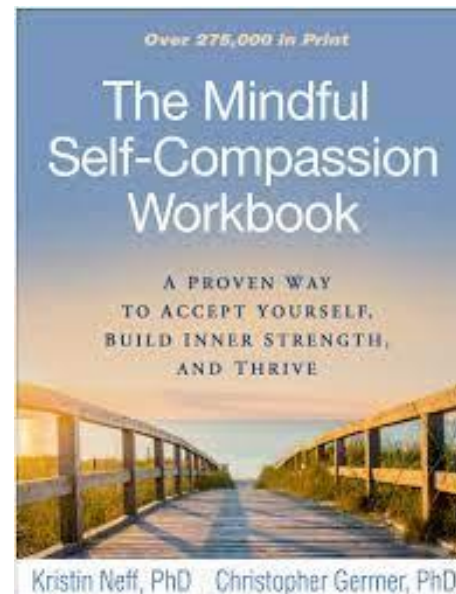
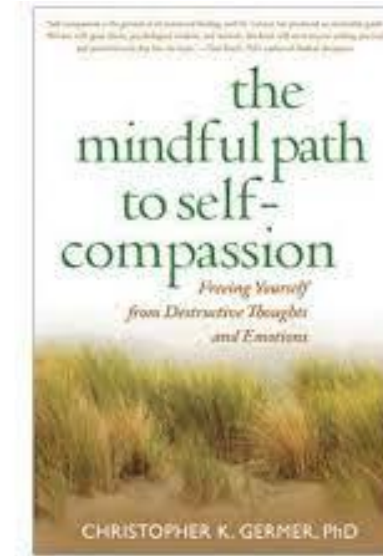
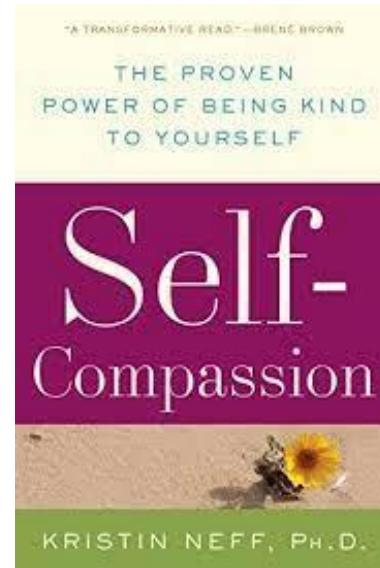
“I messed up, I’m not XXXXX”

“What would I tell my good friend right now?”

Rome wasn't built in a day

Self-compassion.org

For Further
Information



Optional Next Steps

Resources through the Manitoba Pain Program:

***Self-Compassion for Chronic Pain Group (referral required)**

***ACTing on Persistent Pain workshop**

Resources through the Power Over Pain:

***Healthy Minds Program**

Recorded Webinars:

***The Brain's power over pain: How Mindfulness can Help (September 9/25)**

***Mindfulness and Self-Compassion for Chronic Pain (January 28, 2025)**

Additional
Resources
within MB
Pain Care
Program

**Lets Talk About it- Effective
Communication and Persistent Pain**

Thursday December 4, 2025 from 1:00-
2:30pm

Reframing Exercise and Persistent Pain

Thursday December 18, 2025 from 1:00-
2:30

**Stress You Can! Strategies to Manage and
Live with Stress**

Thursday January 8, 2026 from 1:00-2:30
p.m.

Questions

