



Pause, Reset, Nourish: Self-Appreciation

WHEN TO USE

- When you are hearing your inner critic speak loudly to you

CATEGORY

Connection to our inner qualities and strengths, gratitude

THE SCIENCE BEHIND THIS PRACTICE

Reframing our thinking about an experience or sensation can change our emotional response

OVERVIEW

Everyone has good qualities. Gratitude and Self-appreciation can help us shift out of our negativity bias and see ourselves more positively. This can promote the emotional resilience and the self-confidence needed to support ourselves and others.

WHAT IS NEEDED	<p>This practice can be done anywhere. If possible, find a quiet space for a few moments</p>
PAUSE	<p>Take a full, deep breath allowing your attention to focus inward. Noticing what is here for you now in thoughts, emotions and body sensations. Are you noticing signs of anxiety, anger, restlessness, etc. or signs of apathy, detachment, numbing, etc.? If you are familiar with the Mental Health Continuum, is your internal experience reflective of the green, yellow, orange, or red zone?</p>
RESET	<p>Think of 3 – 5 things you appreciate about yourself. The first things may be more superficial. See if you can open to what you really, deep down like, and appreciate about yourself. If this is difficult think about what significant caring others say about you.</p> <p>Now consider each of these positive qualities one by one and offer yourself a smile and appreciation for having these gifts.</p> <p>Notice if you feel any discomfort as you think about your good qualities. Make space for this discomfort, just allowing it to be there. Remember you are not saying you always show these good qualities or</p>

	<p>that you are better than others. You're just acknowledging that this is true as well.</p> <p>Think of the many people who may have helped you develop your good qualities - family, friends, teachers who have had a positive impact on you and send each of them some gratitude and appreciation as well.</p> <p>Let yourself soak these good feelings in for just this moment, allowing the good feelings you have about yourself.</p>
NOURISH	<p>Notice once again what is here for you now with curiosity and without judgement. Take time to acknowledge the important work that you are doing and that you took a moment to reset and replenish yourself. This is good for you. This is good for others.</p>
FURTHER RESOURCES/ REFERENCES	<p><i>Adapted from the Mindful Self-Compassion Program, Kristen Neff and Christopher Germer</i></p> <p>www.centerfmisc.org</p>

NOTES/SPECIAL CONSIDERATION:

If further support is needed please reach out to a trusted colleague, your manager, Resilience Support Team Member, The Peer Support Line, or EAP services.