Self-compassion, Well-being & Teaching: Is it Possible?

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What brought you to teaching?

How does teaching connect with your future goals?
Introductions

What brought you to teaching?

How does teaching connect with your future goals?

What are you experiencing now or will be in the near future?
Definitions

Well-being

Self-compassion

Teaching
What is your role?

What does it mean to you?
Well-being

What does well-being mean to you?
Well-being
Be aware of wonder. Live a balanced life - learn some and think some and draw and paint and sing and dance and play and work every day some.

- Robert Fulghum -
What is self-compassion?

How do you practice it?
Self-compassion

- Self-kindness vs. Self-judgment
- Common humanity vs. Isolation
- Mindfulness vs. Over-identification
Self-compassion

When practiced...

- Increases:
  - Motivation & personal initiative
  - Resiliency
  - Health-related behaviors
  - Interpersonal relationships
  - Healing
  - Positive affect & optimism

- Decreases:
  - Fear of failure
  - Procrastination
  - Addictive behaviors
  - Negative body image & disorders
  - Psychological distress (depression, anxiety, stress)

Neff & Davidson (2016)
https://self-compassion.org/

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

Now: Supportive Touch

Now: Help a “friend”
This week:

This semester:

As a(n) ________:
I’d love to hear from you:
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