

A TOOLKIT FOR PROFESSIONALS

MINDFULNESS AT WORK

Working With Shame

WORKING WITH SHAME...

Even minor workplace incidents can spark strong feelings of shame. When feeling overly negative or critical about yourself, take 10-15 minutes to explore the following practice.

- Sit comfortably in a quiet place and settle into your breath.
- Tenderly rest one hand on your heart and breathe into it.
- Step into 'observer' mode. Without judgment, notice what is present for you in this moment.
- Ask yourself: What words of support and self-care do I most need to hear right now?
- Perhaps imagine what you might say to a loved one if they were experiencing this very same emotion..
- Take as much time as you need to address yourself with these chosen words of compassion and loving-kindness.
- When you're ready, take a few deep breaths and open your eyes.
- Take your time to transition back into your work day.



DID YOU KNOW?

- *Mindfulness and self-compassion are negatively correlated with the experience of shame.*
- *Compassionate mind training significantly reduces depression, anxiety, self-criticism, shame, and feelings of inferiority.*

AFFIRMATIONS FOR WHEN SHAME ARISES:

- ▶ I am here for myself
- ▶ I love and support myself
- ▶ I honor the fullness of my humanity
- ▶ I am patient, self-loving and kind
- ▶ I am perfectly imperfect, I am perfectly human
- ▶ I accept myself unconditionally
- ▶ I release self-criticism and harsh judgments

Self-compassion is actually the opposite of shame. – Chris Germer