



Self-compassion

A group to help you identify and understand your self-critical habits and to support you in practising self-care.



What will the group cover?

This is a support group which gives you an opportunity to:

- Better understand how the way in which we relate to ourselves affects our mental health.
- Examine how we learn self critical habits and what keeps them going.
- Develop techniques to practice a more compassionate approach to our distress.
- Learn how to maintain compassionate changes.

Sessions include working individually and in pairs, small group work, exercises and general discussions.

A pre-assessment meeting with the group facilitator to ensure that it is suitable for you will be required.

This group will help you...

Listen and talk honestly about what it's like for you to experience your individual challenges.

Give and receive support to one another in a confidential space.

Learn and discover things about yourself, even though this might be uncomfortable at times.

Get involved through talking in pairs and small groups, as well as engaging in a variety of therapeutic activities.



When, where and how...

The group is held on Tuesdays in the *Beale Room (near the Aston Webb Student Hub)*, from 12:30—14:00 on:

- 5 November 2019
- 12 November 2019
- 19 November 2019
- 26 November 2019

To book onto the group, please use the Formstack booking form on the Student Intranet:

intranet.birmingham.ac.uk/wellbeing/workshopsandgroups

For any further queries, please contact:

cw-
workshops@contacts.bham.ac.uk

Who is this group for?

This group is for students who:

- Find they are very critical or hard on themselves when they feel distressed and want to change this.
- Are not actively self harming or suicidal.
- Feel ready and safe to participate in group discussions and exercises around this topic in a supportive environment.
- Are available for every session.

Top tips to remember...

Remember everyone will be nervous, not just you. It's normal!

You will never be made to talk if you don't want to but the more you take part, the more you'll benefit from the sessions.

The group is confidential and everyone is always respected.

Please make sure you attend all 4 sessions. Change involves a commitment both to yourself and to the others in the group.

