

YOU MATTER.....

Enhancing lives, workplaces & communities

Volume 10, Issue 1 April 2018

Message from the Borealis Counselling Team ...

Happy Spring! As we move into a new season, we would like to remind you that **Borealis Counselling Services** is your connection to professional services to support you as an individual/couple/family/organization.

The Board of Directors and staff at **Borealis Counselling Services** would like to extend an invitation to you, your family and co-workers, to drop by our space on **May 3, 2018, for an Open House/Wellness Day**. There will be Mindfulness moments, creative arts, and one-on-one counselling available on a drop in basis. Please contact our office for more information.

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What's New?

MINDFULNESS FOR WELLBEING

Group sessions will run once a week for 8 weeks:

Evening Group - Monday, April 23rd, 6:30 - 8:30 pm

Daytime Group - Tuesday, April 24th, 3:30 - 5:30 pm

MINDFULNESS FOR WELLBEING INTENSIVE WEEKEND

Saturday, April 14th & Sunday, April 15th or

Saturday, May 26th & Sunday May 27th

9:00 am - 4:00 pm each day

MINDFULNESS FOR WELLBEING DROP-IN SESSIONS

Every Wednesday, April 4th—June 27th, 2018, 6:00 pm - 7:00 pm

These sessions are open to everyone with or without mindfulness experience.

For more information or to register call our office at 780-791-1757

*United Way funding allows us to offer these sessions free of charge.



United Way
Fort McMurray

Mindful Self-Compassion

Self-Compassion — the new Black

When we have self-compassion, we are less likely to depend on others to validate our self-worth.

Did you know self-compassion is the new black? This year, compassion for yourself as an antidote to perceived low self-worth, failure, or any other form of suffering, is in. According to Kristin Neff (<http://self-compassion.org/>) having compassion for oneself is no different than having compassion for others. Self-compassion involves acting the same way towards yourself when you are having a difficult time, fail, or notice something you don't like about yourself, as you would to a friend you care about deeply. You stop to tell yourself "this is really difficult right now," how can I comfort and care for myself in this moment?

Instead of judging and criticizing yourself for perceived inadequacies or shortcomings, self-compassion means you respond with kindness and understanding. Having compassion for yourself means that you honor and accept yourself as a "perfectly imperfect" human being. Recognizing and accepting that things will not always go the way you want them to — you will encounter frustrations, losses, and fall short of your ideals.

This, however, is the human condition. The more you open your heart to this reality instead of constantly fighting against it, the more you will be able to experience compassion for yourself and for others.

Compassion Practice: Picture Your Best Self

Imagine your life five years from now when you are living, as you would like to be, according to your values. What will you be doing? Who will be in your life? Where will you be living? Write this letter from the future to someone important to you (living or dead, known or

unknown) describing your life, as it is at that time, in detail. Take as long as you need to do this, making it as concrete as possible. Read over the letter.

How close are you to this life you would like to be living? What is a small, concrete thing you could do in the next 48 hours to bring you closer to that life? Make sure that the task is stated in positive terms and that it is achievable.

Check out these additional self compassion resources:

<http://self-compassion.org/category/exercises/>



word search



Spring
Butterfly
Green

Sunshine
Sprout
Tulip

Flowers
Bees
Gardening

Rainbow
Seeds
Splash