



National
Multiple Sclerosis
Society

Support Volunteers Drop-In Call August 13th, 2020

Hosted by:



Jacki Smoczynski
AVP, Program Implementation &
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The screenshot shows the GoToMeeting interface for a "SHGL Drop-in Calls" session. The top bar includes the GoToMeeting logo, a "REC" indicator, and window controls. Below the bar, there are icons for "View Who's Talking", a notification bell with "1", a chat icon, and a settings gear. A participant card for "Wenda Carlson" (WC) is visible. At the bottom, there are four control buttons: "Mic" (muted), "Camera" (off), "Screen" (off), and "Leave".

Open Chat box (arrow pointing to the chat icon)

Camera and Audio settings (arrow pointing to the settings gear)

Audio options: **1)** Select 'Computer' to use computer mic, or headset with mic plugged into computer, or **2)** Select 'Phone' and dial number shown on screen with access code and audio pin

Mute/Share webcam/Leave (arrow pointing to the Mic, Camera, and Screen buttons)

Q&A: There will be time for questions after presentation

- Option #1: Pop on camera using your webcam; unmute
- Option #2: Type your question in the Chat box

A recording of this call (without webcam) will be posted on our website at:
<https://www.nationalmssociety.org/Resources-Support/Find-Support/Connect-with-Peers-One-on-One/For-Connection-Program-Volunteers>

Today's Time

- **NEWS:** Going digital through December 31st
- We are here to support you! - New support email: peerconnections@nmss.org
- Connection Program Volunteer Website: <https://www.nationalmssociety.org/Resources-Support/Find-Support/Connect-with-Peers-One-on-One/For-Connection-Program-Volunteers>



SELF-COMPASSION

Mary Gossett, MSW, LGSW
MS Navigator
National Multiple Sclerosis Society



WHAT IS SELF COMPASSION?

“Treating ourselves, when we’re going through a hard time, the way we would treat a good friend.”

- *The Self-Compassion Workbook for Teens*

“Self-compassion is a practice in which we learn to be a good friend to ourselves when we need it most – to become an inner ally rather than an inner enemy.”

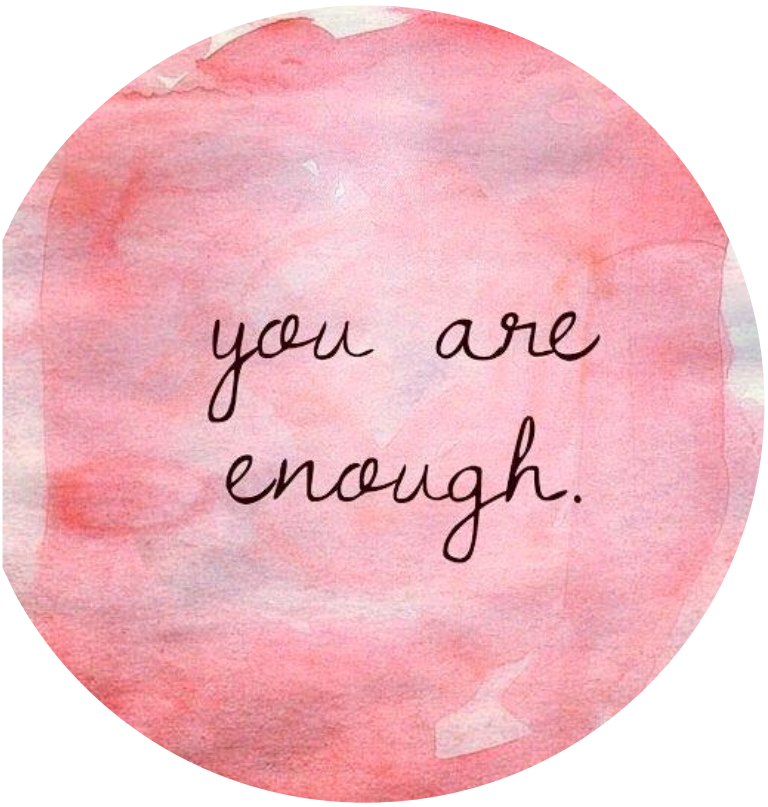
- *The Mindful Self-Compassion Workbook*



3 COMPONENTS OF SELF COMPASSION



CALM - **C**onnected **a**nd **L**ovingly **M**indful

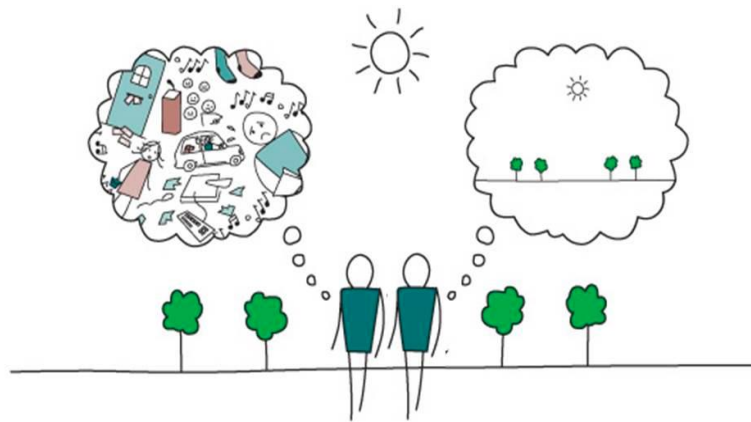


*you are
enough.*

SELF KINDNESS

- Wishing for yourself what you would wish for a best friend
- Knowing deep in your core you are intrinsically deserving of goodness
- You don't have to earn or uphold a reputation
- Innate knowing that you are always enough

MINDFULNESS



Mind Full, or Mindful?

- ❖ Awareness of the suffering that one experiences amidst difficulties
- ❖ Embracing one's suffering compassionately
- ❖ Granting one's self grace and acceptance even when the environment may not be as accepting
- ❖ Deep breathing through the pain
- ❖ Allowing stillness and silence to calm one's experience
- ❖ Adjustment



COMMON HUMANITY

- ❖ You are not alone in your pain and suffering
- ❖ Connected to humanity, knowing that everyone has struggles
- ❖ Feeling deep compassion for others who are facing challenges



Self-Compassion is not:

Self pity: Egocentric, isolating, focuses on separateness and drama

Self indulgence: Evokes shame, guilt or extreme overcorrection

Self Esteem: Self worth, perceived value, how much we like ourselves, competitive nature, egoism, differences, uniqueness, specialness, self-absorbtion, hiding shortcomings, fluctuating depending on circumstances, evaluation

Self care: Treating oneself, craze, action oriented, takes time

Self compassion is:

Humanistic, broad perspective, connection, embraces suffering without drama or extremes

Allows for failure without punishment or condemnation

Intrinsic deservedness of love, self-clarity, being a member of humanity, consistent, always available, builds resilience, awareness of whole self

Consistent practice even when its difficult, based on ancient Buddhist principles, incorporated into daily life activities



Self-Compassion in your everyday life:

- Take deep breaths
- Challenge any negative paradigm
- Validate your own pain
- Let go of resistance
- Find and then access your compassionate voice
- Embrace your body with compassion
- Write a gratitude list
- Allow yourself to feel difficult emotions
- Savor the good moments
- Discover your core values and use them as a driving force to build and maintain your self identity



MEDITATION

RESOURCES

Bluth, K., & Neff, K. (2018). *The self-compassion workbook for teens: Mindfulness and compassion skills to overcome self-criticism and embrace who you are*. Oakland, CA: New Harbinger Publications.

Desmond, T. (2017). *The self-compassion skills workbook: A 14-day plan to transform your relationship with yourself*. New York, NY: W.W. Norton & Company.

Gray, L. (2017). *Self-compassion for teens: 129 activities & practices to cultivate kindness*. Eau Claire, WI, WI: PESI Publishing & Media.

Neff, K., & Germer, C. (2018). *The mindful self-compassion workbook: A proven way to accept yourself, build inner strength, and thrive*. New York, NY, NY: Guilford Press.

Neff, K. (2011). *Self-compassion - the proven power of being kind to yourself*. New York, NY: Harper Collins.

Neff, K. *Self Compassion*. (2018, March 06). Retrieved July 13, 2020, from <https://self-compassion.org/>



Questions?

Mary Gossett, MSW, LGSW

MS Navigator

National Multiple Sclerosis Society



**National
Multiple Sclerosis
Society**

**Society Resources
We are Here**

Support for Leaders and Groups

- **We are going digital through December 31st**
- Ongoing Drop In Calls
 - Thursdays at noon PST/3EST
- MS Navigator is available to help!
- Find Doctors and Resources Online

Topic: Disease Modifying Therapies Throughout Your MS Journey

Friday, August 14th 10am PT/1pm ET



Dr. Scott Douglas Newsome, D.O.

**Director, Neurosciences Consultation and Infusion
Center at Green Spring Station & Associate
Professor of Neurology
John Hopkins Medicine Baltimore, MD**

Ask an MS Expert: Fridays at 1pm EST
www.NationalMSSociety.org/MSExpert

August 14: DMT's throughout your MS Journey

Speaker: Dr. Scott Newsome, D.O.

August 26: Ask an MS Expert (Spanish)

Speaker TBD

Connection Volunteer Website

For Connection Program Volunteers

Peer Connections:
One-on-One

> For Connection
Program Volunteers



SHARE

 Like 2

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IN THIS ARTICLE

- > [Resources for volunteers](#)
- > [Recorded All Society Leader Calls](#)
- > [MS 101 Webinars](#)
- > [Group meeting discussion guides and toolkits](#)

Emotional Support Resources

- Happy the App
- Find Doctors and Resources Tool
- Facebook Group: National MS Society Community
- MS Navigator is available to help!
- HelpPRO
 - Online search tool
- Behavioral Health Treatment Services Locator
 - Nationwide behavioral health services & resources
- NeedyMeds.org
 - Mental Health clinic locator
- Alma
 - Search for providers by insurance plan

Need Support Connecting Your Group?

Resources are Available!

- ✓ Skype
- ✓ Zoom
- ✓ FaceTime
- ✓ Google Hangout
- ✓ Facebook Messenger
- ✓ Free Teleconference Tools
- ✓ Support Group finder on Society Website

***Connect with your Society Staff Partner
to discuss your needs***

SELF-HELP GROUP MEETING DISCLAIMER

The National MS Society respects the rights of people with MS to obtain any and all information they want related to MS including information on wellness, medical treatments or complementary therapies, products and services. The information presented at this meeting does not necessarily reflect the views or official position of the National Multiple Sclerosis Society, nor carry the endorsement or support of the Society. To protect your privacy and the privacy of other members, please do not record, take screenshots, or share information about other members of this group outside of this meeting. For specific medical advice, contact your physician. For the opinion of the National Medical Advisory Committee of the National MS Society on any therapy, treatment or product, please contact your chapter at 1-800-344-4867 (1-800-FIGHT-MS), or visit our website at nationalMSSociety.org

We need your feedback!

5 minute survey

- What additional support can we offer during these calls?
- Comfort level hosting online meetings
- Interest in hosting programs during your group

Click on the link in the chat to take the survey after this call or watch for an email from peerconnections@nmss.org

CONNECTING LEADERS TO LEADERS

- What questions do you have?
- What questions are you getting from others?
- What resources or support would be helpful?
- Share helpful tips for other leaders