

Fold me

*"Little by little, a little
becomes a lot."
-Tanzanian Proverb*



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A TIME TO HEAL



10 min



1 Day



Varies

THE WHY

With the uncertainty surrounding us, sometimes it's hard to know where to start. At the Positivity Project, we believe even little actions can build to have pronounced effects. This month, we're focusing on small, evidence-based actions to promote healing, and we're giving people options, because healing looks a little different for everyone.

We're offering two activities that help to heal stress: one focused on others and one focused on the self. The first activity focuses on helping others to heal and relies on this well-documented research finding: social support is a key mechanism by which humans cope with stress. The second activity focuses on healing the self in regard to a specific event by using a self-compassion break, which is linked to decreased stress. We invite you to choose one of these two activities.

LISTENING TO HEAL

We've all probably heard about the importance of active listening. What does that mean and what does that look like though? In this positive activity, you'll offer support and connection to someone in your life by engaging in a 10 minute active listening exercise.

Here's what to do:

- Invite someone you know (e.g. partner, friend, coworker) to talk with you about something stressful that's been on their mind. Explain that during the conversation you are there to just support and listen to them.
- During the conversation, reflect the speaker's message by paraphrasing what you hear, avoid offering advice, ask questions to encourage the speaker to elaborate, and, where possible, convey non-verbal support.

SELF-COMPASSION TO HEAL

Experienced something stressful lately? Try a self-compassion break. Self-compassion involves three aspects: self-kindness instead of self-criticism, connecting humanity instead of isolation, and mindfulness or openness to the experience of emotion rather than judging an emotion as something bad or something that needs to be suppressed. In this self-compassion break, you'll practice self-compassion for roughly five minutes.

Here's what to do:

- Choose a quiet place to do this activity.
- Think about an event in your life that is causing you stress.
- Bring the event to mind and feel the stressful emotions for a minute.
- Now, say out loud to yourself, "*This is a moment of suffering,*" or "*This hurts.*"
- Acknowledge that suffering is a part of life. Say to yourself, "*I'm not alone,*" or "*Others feel this way too.*" Really take the time to connect with the shared human experience here.
- Lastly, pick a phrase or two to say as an act of compassion for yourself. These phrases might be, "*May I be strong,*" or "*May I learn to accept myself.*" Repeat this sentiment out loud to yourself. Reflect in these feelings for as long as you need.

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