

2020 VISION FOR OURSELVES



Seeing is Believing in Ourselves

Recovery & Empowerment Statewide Call

Date: February 27, 2020

Toll-free Call-in Number: 1-844-867-6167

Access Code: 4360050

Thank you for joining today's call!

Fax CEU Sign-In Sheets within seven business days to:

Christal Hamm: 309-346-2542 or

Email: DHS.DMHRRecoveryServices@illinois.gov

Date & Topic for Next Call:

March 26, 2020

Recognizing Our Voices Matter

Email Your Feedback:

Cindy.Mayhew@Illinois.gov



Guidelines for Today's Call

- All Speakers Will Use Person-First Language
- All Acronyms Will Be Spelled Out and Defined
- Diverse Experiences Will Be Heard and Validated



Meet the Presenters

- Illinois Department of Human Services,
Division of Mental Health
 - Cindy Mayhew, Recovery Support Specialist
 - Wayne Beyer, Recovery Support Specialist
- Community Speaker, Ellen



Objectives

Participants will learn:

- The definition of self-compassion
- Tools and tips to have more compassion for ourselves
- How to see ourselves clearly
- How to give ourselves credit for achievements

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Community Speaker

Ellen

Definition of Self-compassion

- Self-compassion means being able to relate to ourselves in a way that's forgiving, accepting, and loving when situations might be difficult or we fall short of our own expectations.



Research on Self-Compassion



- Lower levels of anxiety and depression
- Positive health behaviors
- Improved relationships
- Better acceptance for negative experiences
- Able to move past difficult emotions

Self-compassion

- Is not self-indulgent or selfish
- Is not wimpy
- Is a motivator
- Is taking responsibility for your mistakes



3 Components of Self-Compassion



SELF-
KINDNESS



RECOGNIZING
COMMON
HUMANITY



MINDFULNESS

Showing Self-kindness

- Treat ourselves as we would treat a friend
- Realize it is human to make mistakes – It's ok
- Be honest with ourselves in a compassionate way
- Recognize we all never stop growing



Recognizing Common Humanity

- The human experience is imperfect
- Feelings of inadequacy and disappointment are universal
- There are thousands of things that can go wrong in life at any one time
- Suffering is part of the shared human experience
- We are not alone in our struggles although we may ask “Why me?”



Mindfulness

- Permission to feel the way we feel in the moment
- Not judging the feeling
- When we accept ourselves as we are, we can change





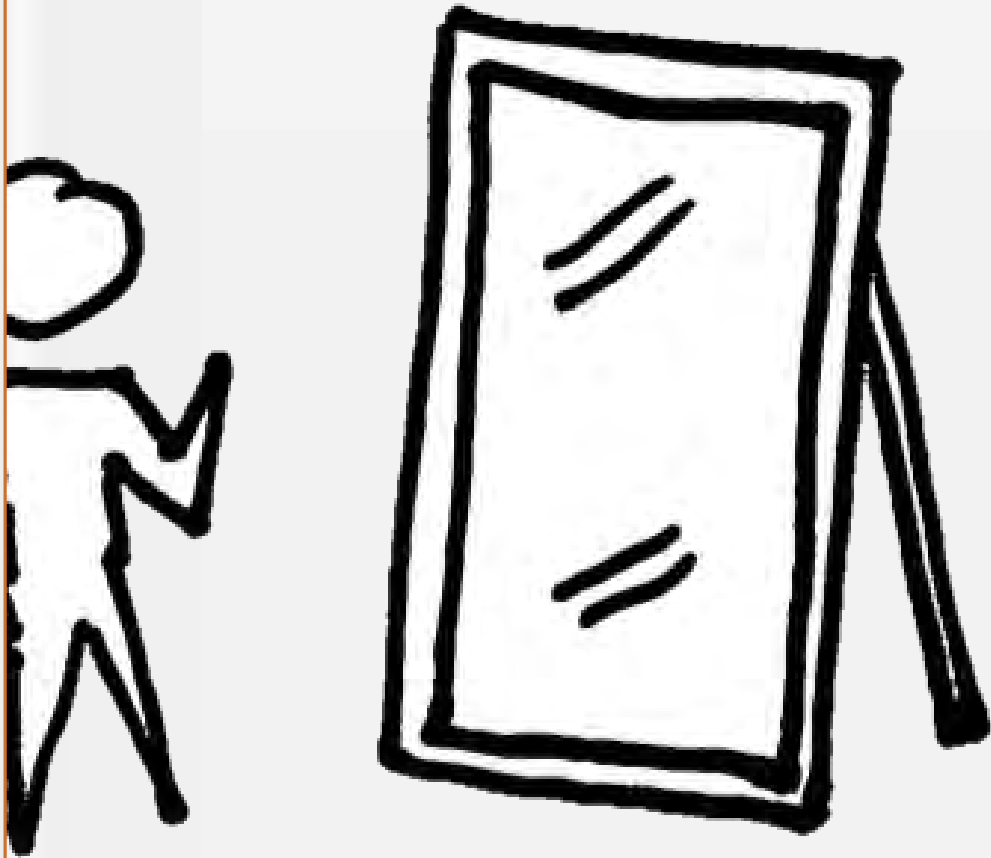
How to See Ourselves Clearly

- Develop trust and safety with others
- Be real with them
- Ask others to be honest about what they see in us

Giving Ourselves Credit for Our Accomplishments

- Practice self-acceptance
- Adopt a “good friend” voice
- Acknowledge the positive
- Accept praise from others





The One in the Glass

Where We Can Find More Information

www.self-compassion.org

www.ted.com Ted talk by Kristin Neff: The Three Components of Self-Compassion

<https://positivepsychology.com/mindful-self-compassion/>

Where We Can Find Support



Call the Warm Line

866-359-7953

Monday - Friday

8:00 a.m. - 5:00 p.m.



Crisis Text Line

Text 741-741 when in a crisis

Anywhere, anytime

Anonymously

DMH Regional Recovery Support Specialists – Metropolitan Chicago & Northern Illinois (Regions 1 & 2)

- **Wayne Beyer (773) 794-4034** Wayne.Beyer@illinois.gov
Region 1-North
- **Marty Hines (708) 612-4236** Marty.Hines@illinois.gov
Region 1-South
- **Pat Lindquist (847) 742-1040, x 2985** Patricia.Lindquist@illinois.gov
Region 2

DMH Regional Recovery Support Specialists

– Central & Southern Illinois (Regions 3, 4, 5)

- Tom Troe (309) 346-2094 Thomas.Troe@illinois.gov
Region 3/Peoria
- Tanya Cooley (217) 786-0043 Tanya.E.Cooley@illinois.gov
Region 4/Springfield
- Cindy Mayhew (618) 474-3813 Cindy.Mayhew@illinois.gov
Region 5/Metro East
- Rhonda Keck (618) 202-6116 Rhonda.Keck@illinois.gov
Region 5/South

Questions and Comments

- To Ask a Question or Make a Comment, Press Star * Then One (1) On Your Phone
- Question and Comment Period Will Be Used By Individuals Who Use Mental Health Services
- All Speakers Will Use Person-First Language



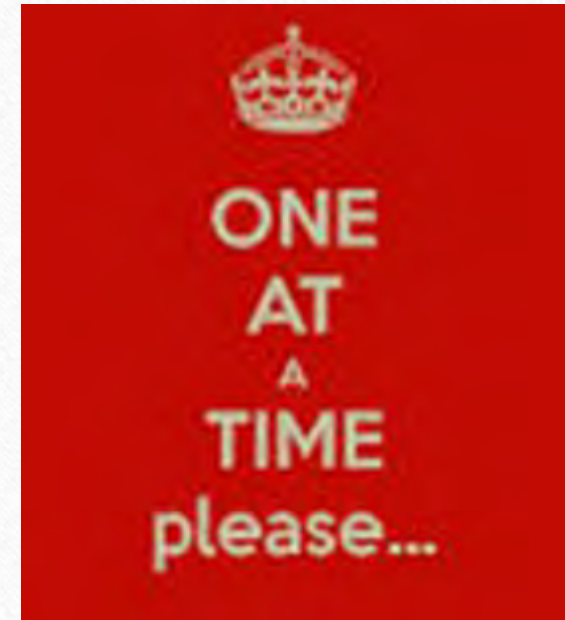
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- Diverse Experiences Will Be Heard and Validated
- Questions and Comments Will Be Relevant to Today's Topic



Guidelines continued

- Limit to One Comment or Question per Person, then Pass to the Next Person
- Reduce or Eliminate Any Background Noise So Your Question or Comment Can Be Heard
- Saying “Thank You” Indicates You Are Finished With Your Question



Statewide call evaluation forms

Email to: DHS.DMHRRecoveryServices@illinois.gov

Fax: (309) 346-2542

Comments, questions, feedback, suggestions:

Email to: DHS.DMHRRecoveryServices@illinois.gov

Nanette Larson, Deputy Director/Ambassador, Wellness &
Recovery Services; IDHS/DMH

Email: Nanette.Larson@illinois.gov



thank you!