

Confluence: Navigating the Journey as Parent and Helping Professionals

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a self-compassion break
Dr. Kristen Neff

- Self-kindness vs. self-judgement
- Connecting to a common humanity
- Mindful awareness
- this is a moment of suffering
- suffering is a part of life
- may I be kind to myself

I am really struggling right now to ...

I am not alone. Many parents and professionals struggle....

May I be kind to myself. May I pause and breathe. May I...

Reflective Prompts

- If you worked before becoming a parent, what hopes and worries did you have about becoming a parent while working in the field? What, if anything, did you imagine might shift? If you were a parent before beginning your professional work, what of your experience as a parent did you carry into your work?
- If you experienced a perinatal mood and anxiety disorder (PMAD) while pregnant or following the birth of your child, how has your experience impacted your work in the field? How has your experience finding and receiving help and support, or struggling to do so, impacted your work?
- How has your professional experience of difficult outcomes with clients, harrowing experiences at work, or “worst-case scenarios” impacted your path towards becoming a parent or parenting?
- How have your experiences as a parent impacted your overarching sense of compassion at work?
- What wise and compassionate words might you say to yourself or a dear friend or colleague struggling with the complexity of being a parent and helping professional?

excerpts from [Confluence: A Reflective Workbook](#)