 **NHS Education for Scotland**

**Transcript of “Calm in the Chaos: harnessing the power of self compassion’ conference film clip recording**

**Speaker**: Dr Wendy Simpson, Health Psychologist / Staff Well-being Facilitator, NHS Fife

Hi, I'm Wendy and this plenary will be about self compassion. So I'm, I'm a health psychologist, with a research background, and many years of working in the NHS, as a staff trainer and wellbeing facilitator.

So a lot of the staff I work with are suffering for various reasons, but quite often due to grief

and loss in their lives, at home and at work and I'm really passionate about enabling self compassion for staff wellbeing. As I, I really know the, the benefits from research and from, from personal experience as well.

So more often than not, I hear staff saying, oh, I'm not good at being kind to myself, or I'm really self-critical, but they say it with a resigned tone that suggests that there's nothing they can do about it.

But there, there really is something we can do about it. Psychological research has shown that we can practice compassion in the same way as we can practice mindfulness, in fact mindfulness is, is actually part of it. And we can learn to train our minds to be more compassionate, both to ourselves and to others.

So, in this talk, I will introduce you to self-compassion and how it can help us all, as we all experience grief and loss in our lives. And I will introduce some ways that have been proven to be helpful to practice it, and we'll have some time to reflect on how we can give ourselves a daily hug of self-compassion.

So, I hope to see you there.

The film was produced in October 2024 and can be found at <https://www.sad.scot.nhs.uk/conference/> or <https://vimeo.com/1033418526>

For more information visit [www.sad.scot.nhs.uk](http://www.sad.scot.nhs.uk) or contact [supportarounddeath@nes.scot.nhs.uk](mailto:supportarounddeath@nes.scot.nhs.uk)

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