



# Self-Love: Healing Our Community A Daily Practice

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# Principles of Community

- The University of California, Davis, is first and foremost an institution of learning and teaching, committed to serving the needs of society. Our campus community reflects and is a part of a society comprising all races, creeds, and social circumstances.

# Building Community

- We recognize that each of us has an obligation to the community of which we have chosen to be a part. We will strive to build a true community of spirit and purpose based on mutual respect and caring.



# Student Affairs Community





## Who Are We As a Community?

- ❖ Who are we individually?
- ❖ What's our personal story?
- ❖ What life journeys did we travel to get to where we are here at UCD?

# Intersections of Identity

- Embracing and Understanding Multiple Layers of Diversity:

Race, ethnicity, class, gender identity, age, physical ability, sexual orientation, immigration status, generation, religious or political beliefs, etc.

# Inside Out

- ❖ Where do we fit in with the crowd and where do we feel like an outsider?
- ❖ How does this sense of difference benefit us or hinder us in our work with students?
- ❖ How can we model for students how to thrive through life's challenges from our own personal experiences?



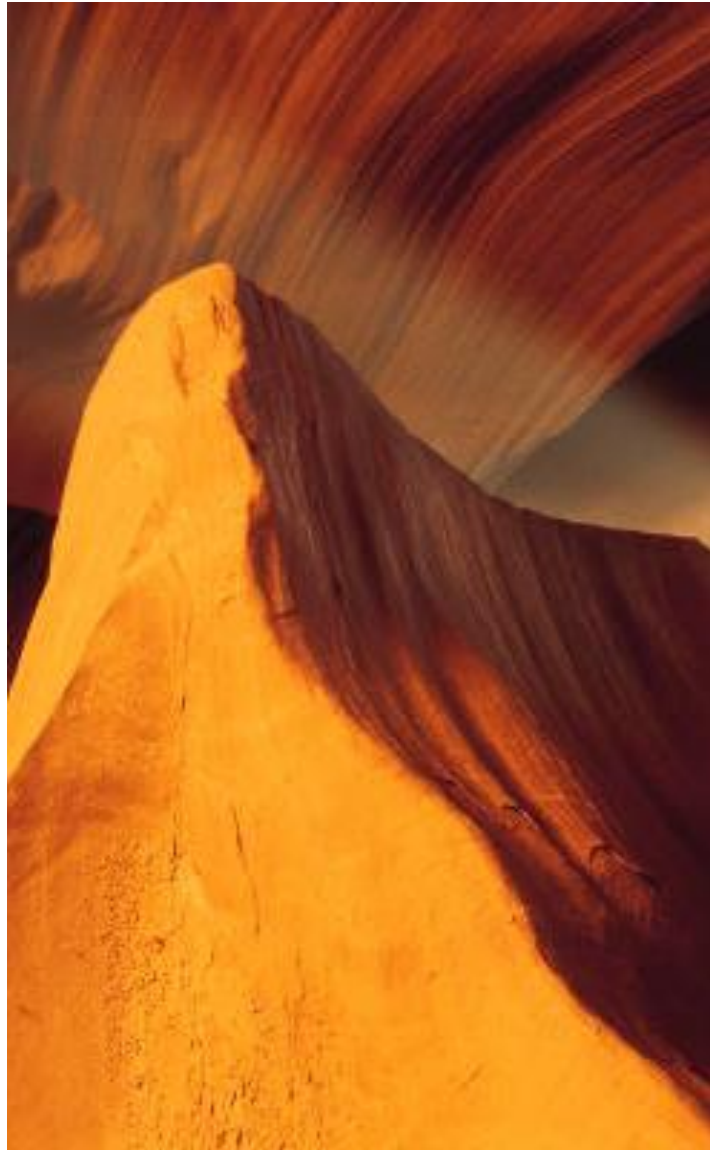
## Who Am I?

- ❖ How do I personally identify?
- ❖ What motivates me to do my work in Student Affairs?
- ❖ What are my greatest challenges and rewards in my work?
- ❖ What do I uniquely have to offer to the UCD community?



# Gratitude for Mentors & Allies

- ❖ Give thanks for people who've helped and inspired us in our personal history.
- ❖ Gratitude for people who have modeled perseverance and tenacity of spirit.
- ❖ Thanks to those who've given us a lift up or pointed us in the right direction when we were lost.



## Reflections

- ❖ Who were my mentors and allies at critical points in my personal development?
- ❖ How was I positively impacted by the influence of my mentors and allies?

# Self-Compassion: Transforming Pain into Love

- ❖ How does our personal life story transform into healing for ourselves and others?
- ❖ Our greatest pain dictates our greatest life's purpose if we open our hearts and allow self-healing to occur.



# Three Elements of Compassion

- ❖ Self-Kindness – Acceptance of Imperfections
- ❖ Common Humanity – Suffering is Part of the Human Experience
- ❖ Mindfulness – Observe Our Thoughts & Feelings Without Judgment

# Accessing Unconditional Love

- ❖ “...the rawness of a broken heart...is our link with all those who have ever loved. This genuine heart of sadness can teach us great compassion. It can humble us when we're arrogant and soften us when we are unkind...This continual ache of the heart is a blessing that when accepted fully can be shared with all.”

~Pema Chodron

# What's 'Right' About What's 'Wrong'

- ❖ When you're feeling uncomfortable, distressed, overwhelmed, or experiencing burnout, take a moment to breathe and reflect.
- ❖ How to take a difficult situation and transform it into something good by learning new skills, outreaching for help, commitment to personal growth, reframing your perspective, etc.
- ❖ Finding acceptance of situations you cannot change.

# Heart-Focused Meditation





## Inspiring Others

If you can get through great difficulties and live to tell the tale, you can inspire others facing similar life challenges.



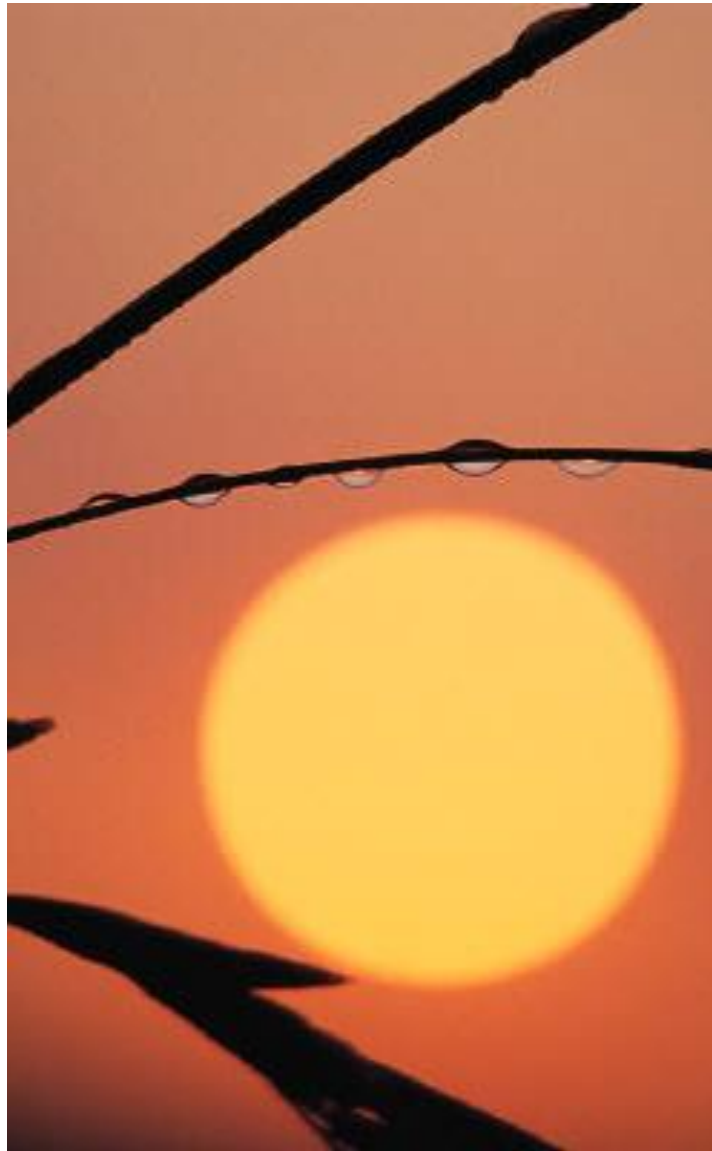
# Contribution to Community

- ❖ How does our personal experience guide us to contribute to our community here at UCD?
- ❖ What is it about us individually that no one else can give and contribute in the unique way that we can?



# Love Our Unique Contribution to the UCD Community





## Self-Love A Daily Practice

- ❖ Only you know what self-love looks like for you, so there's no right or wrong answer.
- ❖ Self-Love is a Practice that not only serves you personally, but also Strengthens and Builds Our Community.

# Practice of Compassion

- ❖ “We can let the circumstances of our lives harden us so that we become increasingly resentful and afraid, or we can let them soften us and make us kinder and more open...”

~Pema Chodron



# Surviving and Thriving

- “I’m glad not to be there right now, but I’m also glad to have been there, to know how it is.” ~ Maggie Nelson



# Resources

Women's Resources and Research Center  
First Floor North Hall  
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