

## Translation from the original German

# Luzerner Newspaper

## Zug: Learning to love yourself

The Mindful Self-Compassion (MSC) course for students is currently being held at the FMS Zug. Under guidance, the participants are learning to make friends with themselves.

Vanessa Varisco, 31.03.2018, 05.00 a.m.



The participants of the MSC course learn to relax and reconcile with themselves. (Image: Stefan Kaiser, Zug, March 22, 2018)

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In a small circle, participants sit on yoga mats with their eyes closed and focus entirely on their breathing. Under the guidance of Rita Girzone, psychology teacher and Trained Teacher in MSC, the students meditate for ten to twenty minutes at the beginning of each of the eight course sessions. Also on this Thursday evening, they give themselves over to relaxing meditation at the start, consciously noticing their bodies and their thoughts. "I attend the course because I want to do something good for myself on the one hand and make friends with myself on the other," says Rebecca Auer from Unterägeri, who is enthusiastic about the course and has already been able to benefit a lot from the sessions.

In addition to the meditation, the exchange among the participants is particularly important. In an open dialogue, the students report how they have fared in everyday life with the exercises. In this way, they consciously incorporate the techniques they learn in the course in between sessions and also allow themselves moments of relaxation now and then. "I find the exchange with the other students extremely valuable because it makes me aware that others have similar difficulties," says Rebecca Auer, who experiences stressful situations mainly at school.

### Three pillars of self-compassion

Common humanity is one of the three pillars to self-compassion, along with mindfulness and self-kindness. "The goal of the course is for participants to experience more self-love and self-care, so they can better deal with life's ups and downs," explains course instructor Rita Girzone, adding, "I find it touching and inspiring that young people are willing to engage with themselves."

Each of the three-hour sessions has a focus. On this day, the participants devote themselves to the topic of "Living Deeply". With their eyes closed, the students imagine their eightieth birthday, consider what they would like to have achieved by then and derive their core values from this guided exercise. In a subsequent discussion, they exchange ideas about their passions and goals. The course is further enriched by poems and quotes. "When internalized values are lived out, it makes us shine," says Rita Girzone. In diligent practice, participants incorporate into their daily lives the helpful tips and tricks for self-love and gradually cultivate friendship with themselves, so that they accept problems and difficulties and no longer try to motivate themselves through self-criticism, but rather, through self-compassion. "The course helps me to accept difficult situations," says Rebecca Auer, who benefits from the relaxation that is central to the course.

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