**“ESSENTIAL CARE” SESSION**

**1. Introduction and objectives:**

This session aims to promote care and self-care with the final purpose that patients and their relatives, along with the medical team, can establish a care plan.

**2. Definition of care and self-care:**

Care is an attitude of concern, responsibility and emotional involvement with others, which leads to the act of helping. Care is part of human nature and it is a relationship based on responsibility for oneself and others.

Caring we demonstrate our participation in the world with people, values ​​and ideas that really interest and have meaning for us. Also, care refers to "self-care" or taking care of yourself. Self-care is the understanding that you must take care of yourself in order to take care of others and the world.

To develop an attitude of self-care, it can be useful to apply Kristin Neff's concept of self- compassion, which refers to three aspects:

* **Be kind to yourself:** Self-compassion implies being kind and understanding towards ourselves when we suffer, feel rejected or inadequate, instead of ignoring our pain or flagellate ourselves with self-criticism.
* **Shared humanity:** The definition of "human" means that one is mortal, vulnerable, and imperfect. “Something that happens to all of us”, instead of “something that only happens to me”.
* **Mindfulness:** Self-compassion also requires a balanced approach to our negative emotions so that feelings are neither suppressed nor exaggerated, that is, to be aware and accept painful thoughts and feelings instead of over-identifying with them.

**3. Experiential task:**

* Tell us about an experience of good care in your life. E.g., How did your mother or grandmother take care of you when you were a child?
* How do you take care of yourself every day?
* How would you like to take care of yourself and be taken care of from now on?
* How would you like us to help you?

**4. Cancer patient Attitude:**

Coping with illness and one's own vulnerability can help you add value to the way you live your life. Being aware of our limits pushes us to decide how we would like to face illness and life. For this, it can help us reflect on these William Breitbart's concepts:

* **Upright:** Realization that one is still alive and standing, not lying beneath the ground. Continuing to have needs, desires, wishes, and hopes. To exert one’s will, to have courage.
* **Whole:** To remain connected to all that gives meaning, value, and purpose in life; to relate, not isolate. The value of the person is preserved if it is placed in being and not in doing.
* **Careful:** To remember to care for oneself, one’s loved ones, one’s legacy; rippling effect. Be kind to yourself. You are entitled to rest and give yourself time. Continue to care for yourself and love your people.

**5. Experiential task and closure:**

* What have you learned during these sessions?
* How do you face your illness now?