

THE

# WINDROSE

LISTEN TO THE WIND OF YOUR SOUL



## CONTEST

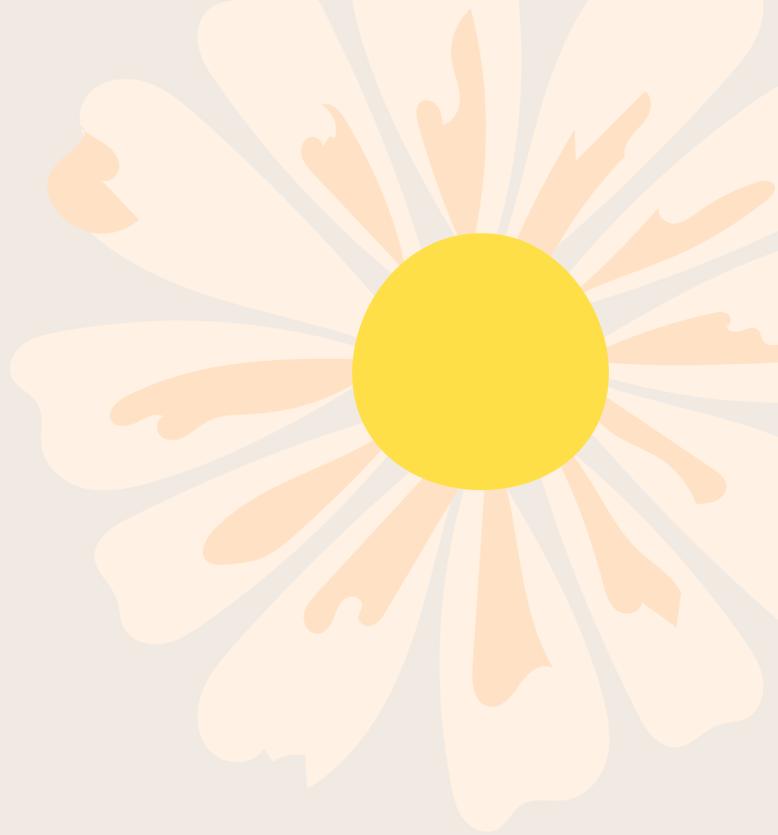
THE SOUL COMPASS HAS A  
LOGO CONTEST

## NEW OFFERINGS

KID'S YOGA  
TEEN MINDFULNESS  
DBT COUNSELLING  
COUPLES WEEKEND RETREAT

## ASK TIFF

Q+ A YOUR MENTAL  
WELLNESS QUESTIONS



# Hello!

Spring has sprung and summer is on its way!

It's been a very busy winter for me and The Soul Compass. We are renovating our space, and looking for some inspo. I'm reaching out to our young talented creatives - ages 6-12 - to help me design a new logo for my art and play therapy space! Check out the details in this edition. If you know a young person who loves to draw or paint, share this info with them. They could win a gift certificate to Stone's Office Supply to stock up on cool art supplies!

I'm thrilled to share that I have been doing some yoga classes in my space at 616 Queen. It feels so AMAZING to be back. If you and your friends are looking for personalized yoga groups, reach out. I'd be happy to put together a customized program for you.

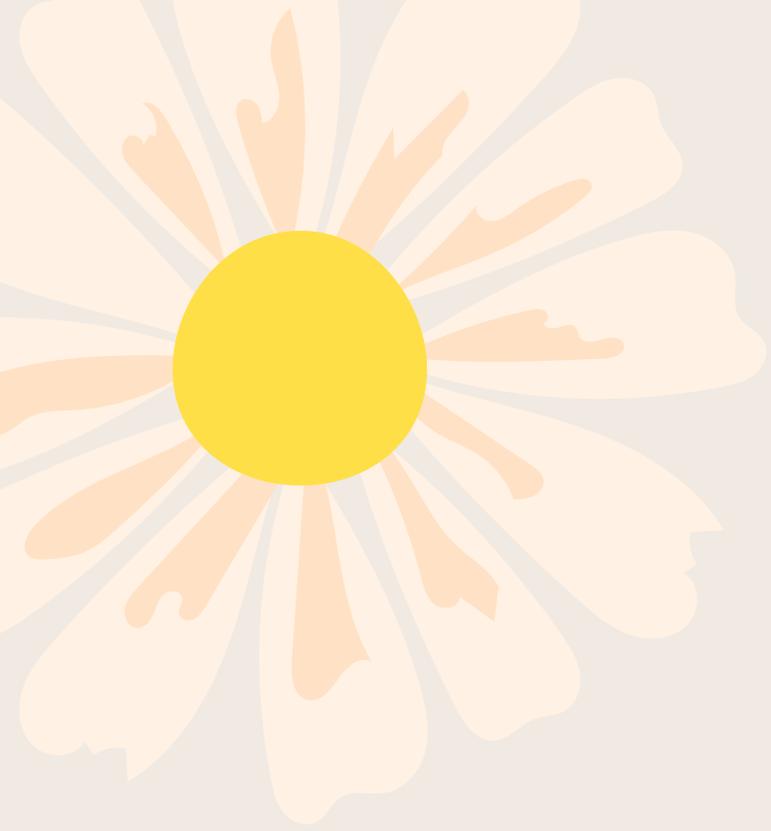
Starting in the Fall 2022, I'll be offering Kid's Yoga! Stay tuned.

In the mean time, I keep keeping on. I am busy these days mostly with kids, teens, and couples! If you have a child or teen who is experiencing unmanaged anger, crisis, lack of self-esteem, anxiety, depression, or a phobia, reach out. I specialize in treating this age group.

Stay well,

**Tiff**

MA, RP, DVATI



# Evidence-Based Clinical Psychotherapy

I offer psychotherapy, counselling, and coaching to children, teens, adults, and couples.

## **CHILDREN + PRE-TEENS (6-12)**

This age group LOVES play therapy and **sand tray therapy**. Sand tray therapy has been proven to enable clients to speak more openly and confront their past traumas and ongoing problems. Not only does it teach encouraging coping skills, but it provides that necessary safe space to explore what's really going on. (See page 4.)

## **TEENS + EMERGING ADULTS**

To help this age group manage crises, anger, insomnia, panic, anxiety, low self-esteem, lack of focus, motivation issues, and existential confusion, I offer sessions that teach meaningful distress tolerance skills, emotions regulation strategies, key mindfulness techniques, and interpersonal relations strategies. I also offer MBSR for Teens. Check out the Figure 8 Breathing strategy on page 14 - it's great for kids and teens.

## **COUPLES + MARRIAGE COUNSELLING**

Are you arguing about the same things over and over again? Is the ongoing conflict in the marriage problematic? Do old wounds need healing? You are not alone. Conflict and phases of emotional disconnection are a natural part of any relationship, and psychotherapy can be the outlet needed in order for the security of an emotional bond to be restored. See page 15.

## **Therapeutic Interventions used at The Soul Compass**

Cognitive Behavioural Therapy (CBT), Dialectical Behavioural Therapy (DBT), Mindfulness-Based Stress Reduction (MBSR + MBCT), Expressive Arts (Play, Music, Sound, Art, Movement), Somatic Awareness through movement, yoga, and breath, Spiritual + Energetic Counselling, and Neurobiological Nourishment as it relates to mental health.



# LOGO CONTEST

Hey Kids! Help me design a new logo for the play area at The Soul Compass. Prizes include a gift certificate at Stone's Office Supply so you can purchase cool art supplies!

For more information on the logo contest, visit my blog at [thesoulcompass.com](http://thesoulcompass.com).



# SAND TRAY THERAPY

**Above**  
Printed by permission. A client  
plays out a current conflict.  
Together we explore thoughts,  
feelings, and emotions.

In the Art + Play Room at my office, you'll notice a sand box and a variety miniature toys, figurines, and objects that kiddos and teens use in the sand tray. It's favourite item in the room. "Sand tray therapy allows a person to construct their own microcosm using miniature toys. The scene created acts as a reflection of the person's own life and allows them the opportunity to resolve conflicts, remove obstacles, and gain acceptance of self." My kiddos love to create imaginary worlds in this non-threatening environment. They are safe to explore different aspects of their experience.

Also, sand tray therapy is a very effective intervention for those *who can't find the words*. "The nonverbal nature of sandplay therapy can help children achieve feelings of comfort and security. The child is free to develop their own expression of situations. With independent play, they begin making assumptions and behaviour changes without cues from the therapist. This method of therapy can serve as a valuable and powerful outlet for children and an incredibly insightful method of gaining access to traumatic experiences." (Goodtherapy.com)

If you are looking for a creative + expressive therapy to help your child, please DM me [tiffany@thesoulcompass.com](mailto:tiffany@thesoulcompass.com)

# I am enough

## Day 18 Self-Comapssion Prompts

Who knew?  
I began 2022 with 30 days of  
Self-Compassion Prompts. Read  
below to see what I learned

### SELF-COMPASSION

Hard on yourself? You are not the only one.

One of the ways to renew a sense of self-love, break the cycle of co-dependent people-pleasing, and feel confident to be yourself without fear of reprisal is by practicing self-compassion.

It sounds too simple to be effective, right? What if you gave yourself permission to reap the benefits of this self-loving practice? Today is a good time to start.

Kristin Neff is a leading expert on this topic, and she has so much wisdom to share. Neff's research on self-compassion involves three core elements: mindfulness, self-kindness, and common humanity.

SELF-  
COMPASSION  
IMPROVES  
CONFIDENCE.

“Keep loving every bit of you.”

When you approach your experiences using these three core components, you are on your way to being more self-compassionate:

**Mindfulness:** *Mindfulness versus over-identification when confronting painful thoughts and emotions.*

**Self-Kindness:** *Self-kindness versus self-judgement - free yourself from that constant criticism.*

**Common Humanity:** *A sense of common humanity versus isolation can help us understand that we all suffer.*

What are the benefits? Research on self-compassion has shown increased performance and benefits in overcoming mental health barriers, aversive thoughts, fear of failure, and negative emotions (Neff & Knox, 2017).

A meta-analysis by Zessin et al. (2015) showed that self-compassion was positively associated with both subjective well-being, in terms of both positive and negative affect and life satisfaction, and psychological well-being." (Difabbio and Saklofske 2021).

Other studies have reported positive associations of self-compassion to goalmastery (Neff, Hsieh, & Dejitterat, 2005) and achievement goals (Ahmet, 2008).

There are many benefits to this practice, of them is an effective way to self-soothe and self-regulate. If you want to learn more about mindfulness, message me at [tiffany@thesoulcompass.com](mailto:tiffany@thesoulcompass.com)

## TIFF'S TOP TIPS

ON HOW TO PRACTICE

### SELF-COMPASSION

Here are four ways to give your self-compassion skills a quick boost:

- Comfort your body. Eat something healthy. Nourish yourself.
- Write a love letter to yourself. (See pages 07+08)
- Give yourself encouragement.
- Practice mindfulness.

You can also invite loving-kindness meditation in to your life. Go to the Z-Blog at [thesoulcompass.com](http://thesoulcompass.com) for a meditation script.



# The Love Letter

Write a love note to yourself!

[thesoulcompass.com](http://thesoulcompass.com)

1. Begin your love letter with a term of endearment, nickname or salutation that lights up your being.
2. Begin your next paragraph by thanking yourself for taking this step. Expand on how big this is!
3. Next, recall a memory of an enthralling experience - think of a time of anticipation and joyful excitement. Close your eyes and replay this memory in your mind. See it and feel every emotion and sensation. You can start the sentence with, "The last time I was this excited, I ....." Expand on every little detail including colors, scents, sounds, textures, sights, and most of all how you felt.
4. Move into the next paragraph with ease, grace, and gratitude. As if written by a compassionate friend who loves you unconditionally, use gentle and kind words to inspire your best self. Express encouragement to ease the fear that accompanies change. Incorporate positive thoughts and affirmations such as "I'm thrilled about this next chapter," "I'm open to moving outside my comfort zone and ready to learn and love myself unconditionally."
5. Transition into this section with an intention for wanting to discover your true self and remember your innate wisdom. Define these and why it's important in your life right now. Highlight attributes, quirks, characteristics, and personality. List a life goal and how you hope to make an impact on everybody around you and the world. Share a story about how you overcame an obstacle. You might say, "Remember when.....The biggest lesson for me was...I am going to use this knowledge to..."
6. Include a few sentences to remind yourself that you are worthy of love, kindness, compassion, encouragement, and tenderness. Explain what it means to love yourself unconditionally and how this can help in your healing.
7. Finish the letter by committing to your wellbeing. Incorporate a vow.
8. Wrap it up with a motivational closing, like "You got this Girl" or "Keep Shining." This is a great time to come up with a personal motto!

Are you ready to get started? Write your beautiful Love Letter on the next page!  
Have fun! Check out [thesoulcompass.com](http://thesoulcompass.com) for more inspo.

# My Love Letter

Get comfy and cozy for this heart opening activity. Burn a favourite candle, sip on your favorite warm bevi and grab your favorite pen.

[thesoulcompass.com](https://thesoulcompass.com)





Kids Yoga starts  
FALL 2022  
The Yoga Room on  
Queen Street  
[thesoulcompass.com](http://thesoulcompass.com)

# KIDS

## YOGA + MEDITATION

I recently completed a 95-hour Children's Yoga certification. It was so much fun learning new ways to teach yoga and yogic concepts to kids and teens.

By earning this certification, I'm able to incorporate developmentally appropriate poses and breath work into the practice.

### 7 Benefits of Yoga for Young Kids

- Yoga helps children manage their anxiety.
- Yoga improves children's emotional regulation.
- Yoga boosts children's self-esteem.
- Yoga increases children's body awareness and mindfulness.
- Yoga enhances children's concentration and memory.
- Yoga develops children's strength and flexibility.

(credit:earlychildhood.org)

**Above**

Children and teens LOVE yoga and it is so beneficial for their mental wellness.

KIDS YOGA IS  
COMING TO  
THE  
SOUL COMPASS  
THIS FALL

# Mudras

## Welcome Calm

Kids love MUDRAS!

Mudras are simple hand gestures that tune us into the subtle energies of the body. They are yoga for your hands.

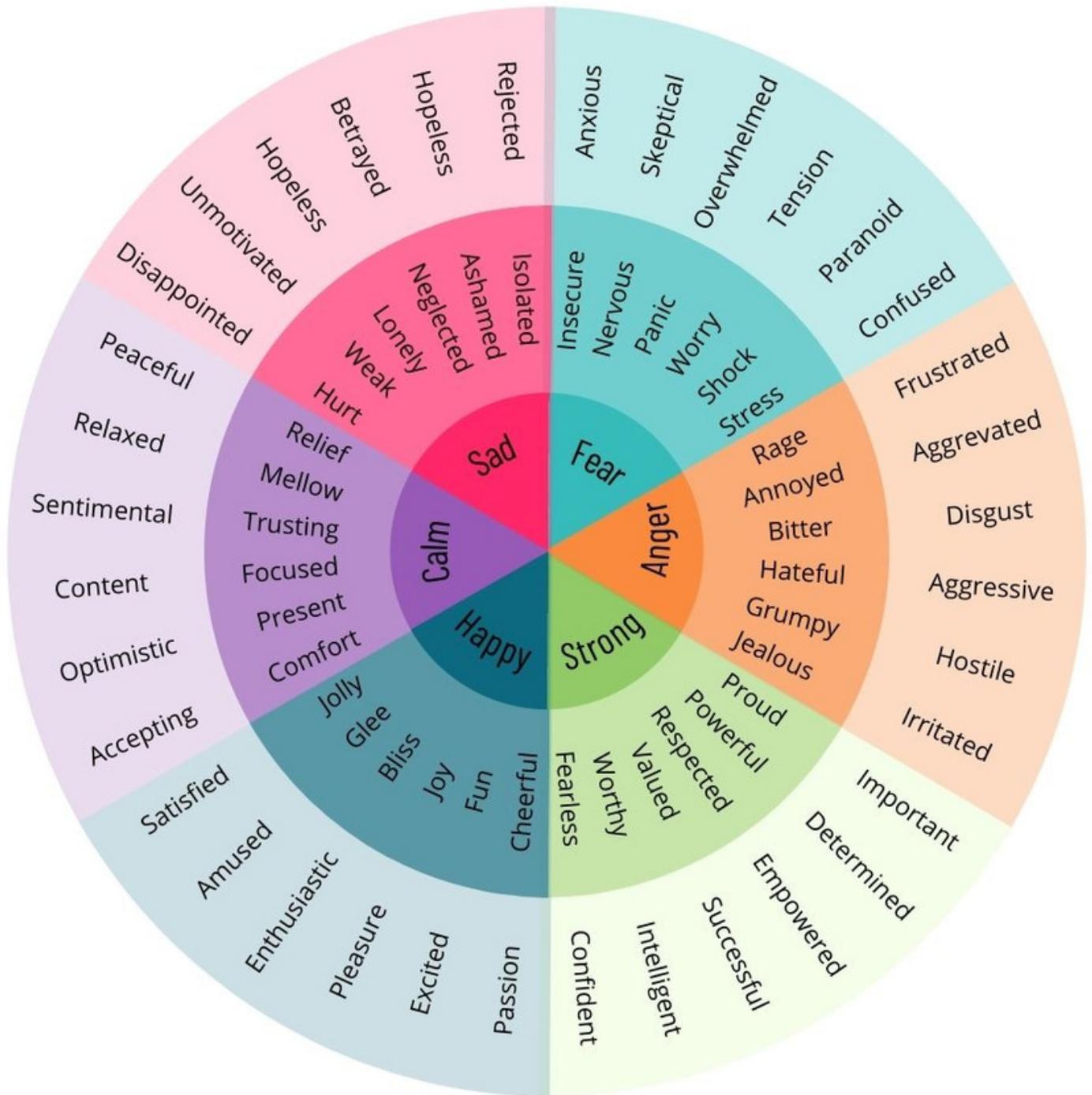
Many children and people around the globe use mudras. Mudras (pronounced moo-drah) are usually practiced with yoga, breathing exercises, relaxation or meditation. Mudras can be used for self-regulation and body awareness and are typically and can be done anytime and anywhere.

Research shows us that mudras engage certain areas in the brain, creating a brain-body connection. Different areas of the hands are connected with different areas of the brain and body. When children place their hands in different hand positions or mudras it can activate a certain state of mind. Therefore, mudras can positively affect how your child feels. Mudras energize, focus and calm the body which makes them a great tool for children to help regulate how they are feeling.

The mudra in the picture is called Dharmachakra. It's Buddhist mudra symbolizing movement and transition. When sealed in front of your heart it can increase diving energy.



# Feelings Wheel



## FEELINGS WHEEL

There are many feelings wheels available on the internet. As you can see, they list a variety of alternative words to express your emotions and feelings. To download the above Feelings Wheel, visit [thesoulcompass.com](http://thesoulcompass.com).

# Expand Your Feelings Vocabulary

thesoulcompass.com

By expanding your feelings vocabulary, you are giving yourself the tools to effectively communicate. When you communicate clearly, you are more assertive, and therefore more likely to be understood and heard. Additionally, when you are able to label your specific feelings and emotions, the emotional charge that accompanies these primary and secondary thoughts and feelings is dramatically reduced. This is a crucial exercise for adults, and can be equally as effective for children.

It can be tricky finding the words to describe what we're feeling. Use the adults Feelings Wheel here. When trying to help kids, remember they will also need support. Depending on a child's age and developmental stage, they'll need varying degrees of assistance putting words to their emotions. Google age-appropriate feelings wheels for kiddos.

The best rule of thumb is to start young, model emotional vocabulary words yourself, and then help them practice on their own right at home.

## TIPS:

- Model emotional vocabulary words. The next time you hit a red light in the family car, don't just groan and fiddle with the sound system. Take the opportunity to teach your kids what emotional vocabulary looks like in real time. Say: "I'm frustrated that it's taking a long time to get home," or "We're running late, and that makes me feel nervous about missing my meeting." Be as descriptive as you can. Ask if they have questions about the words you're using.
- At home, create a list of feeling words. Enlist your kids' help in coming up with the list. Decorate it, and decide together where to display the list in your home. Make it visible (e.g., kitchen, mudroom, kids' bedrooms).
- Read it together. You can work emotional vocabulary into your your everyday life by asking your child to questions, like:
  - "Why might you be feeling this way?"
  - "What are some other words we can use to describe that feeling?"
  - "What feeling is the opposite of what you are feeling?"
  - "When you're feeling \_\_\_\_\_, how do you show it?"
  - When you feel \_\_\_\_\_, how do you manage the feeling?
- Ultimately, you want to be able to talk about your feelings often so you and your kiddos get really good at communicating how they feel. And remember, normalize big feelings so kids understand that it's okay to have big emotions. Validating them lets them know you love them unconditionally. This will help them manage these emotions better!  
(For a tip on this, see page 13.)

# Ask Tiff

Submit a question by emailing me:  
[tiffany@thesoulcompass.com](mailto:tiffany@thesoulcompass.com)

Q: How can I help my 5 year  
old manage their big  
emotions?

To help your kiddo reach calm, think: **Regulate, Relate and Reason.**

To co-regulate with them, use a quiet voice, eye contact, and gentle touch. Next, acknowledge their feelings without judgment, communicate a limit and then help them problem-solve. Use the tip below (ACT)

## Acknowledge the Feeling

"You are angry right now."

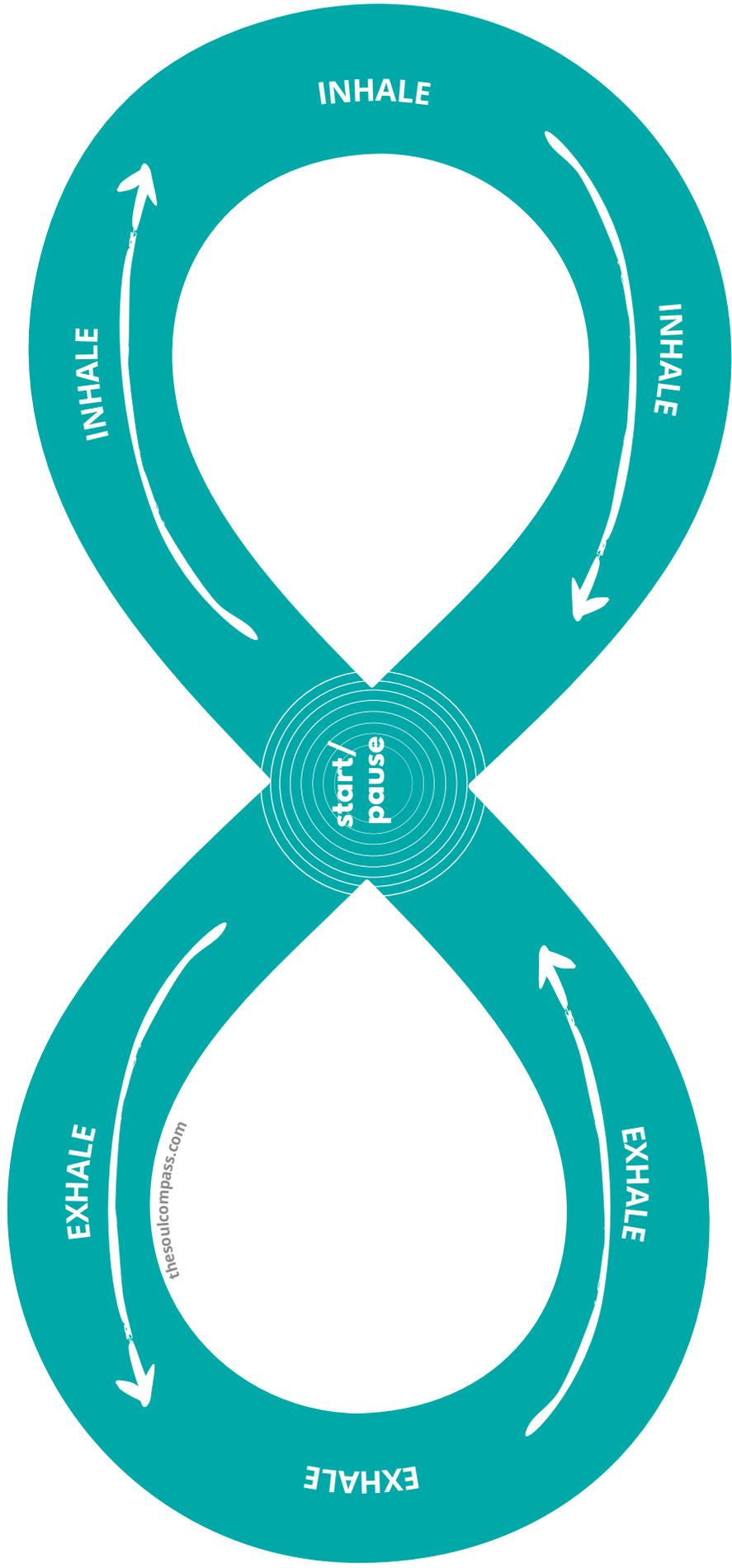
## Communicate a Limit

"But the couch isn't for jumping on."

## Target an Alternative

"Let's go outside to play."

# Figure 8 Breathing



- Place index finger on "start/pause."
- Take a deep inhale through the nose and trace the arrow to the right where it says inhale. Inhale all the way back to "start/pause."
- Hold the breath.
- Exhale as you trace the other loop, back to "start/pause." Repeat 3 times.



# COUPLES THERAPY

Are you arguing about the same things over and over again? Is there ongoing conflict in the marriage? Do old wounds need healing? You are not alone.

Conflict and phases of emotional disconnection are a natural part of any relationship, and psychotherapy can be the outlet needed in order for the security of an emotional bond to be restored.

Wondering the number one issue that I hear in every single couples session?

You likely guessed it already. You are correct if you thought *communication*.

Helpful communication in a partnership is crucial!

By the time most couples seek psychotherapy, many might already be engaging in a pattern of unhealthy communication.

The good news is that helpful communication is a skill, and when practiced together, it can be mastered. Your relationship will improve dramatically. It's never too late to learn.

**Above**

Make your relationship a priority! Reach out at [tiffany@thesoulcompass.com](mailto:tiffany@thesoulcompass.com)

It's never too late to learn how to communicate well.

# Learn healthy skills today!

Wondering how you can better communicate with your partner?

Check out the information below!

A good place to start is by using "I" statements. "I" messages or statements is a style of communication that focuses on the feelings or beliefs of the speaker rather than thoughts and characteristics that the speaker attributes to the listener. For example, a person might say to his or her partner, "I feel abandoned and lonely when you consistently come home late without calling" instead of demanding, "Why are you never home on time?" Can you see how the focus is on the individual communicating rather than blaming the other? To help with this task, expand your feelings vocabulary by using the feelings wheel shown in this edition!

The next skill is to focus on communicating a positive need. This step is often neglected when we communicate. We are great at identifying the behaviour we DON'T want, yet we often neglect to define what we DO WANT! For example, "when you come home late without calling, I feel worried, and what I need is for you to send me a text message next time so I know when to expect you."

## TIFF'S TOP TIPS

ON HOW TO PRACTICE

### HEALTHY COMMUNICATION

When \_\_\_\_\_

I Feel \_\_\_\_\_

Because \_\_\_\_\_

I need \_\_\_\_\_

*When you come home late without calling, I feel worried because I don't know where you are. Next time, I need you to text me.*

Tiffany offers couples therapy. Reach out at [tiffany@thesoulcompass.com](mailto:tiffany@thesoulcompass.com)

# My Grateful heart

A 28-DAY GUIDE TO  
INSPIRE GRATITUDE



## \*NEW\* WORKBOOK

Check out my new workbook *My Grateful Heart: A 28-Day Guide to Inspire Gratitude*. It's loaded with meaningful quotes and thought-provoking themes. There's lots of space to record intentions and it includes a gratitude journal!

# Intentions + Gratitude

I've been studying and implementing the practices of intention-setting and gratitude-tracking in my personal and professional life for quite some time. I've found it to be powerful. In fact, it's been so impactful, I wanted to share my teachings with you directly.

This workbook is intended to:

- Reconnect you with your essential self - your true nature!
- Transform the way you interact with others.
- Connect you with the MAGIC in everyday experiences.
- Cue you to find joy and gratitude in each day.

Over 28 days, you'll be inspired to cultivate these qualities through a simple and inspirational gratitude practice based on themes. The themes are built on 7 key qualities that encourage a flexible mindset. These include trust, creativity, courage, joy, authenticity, insight, and attunement.

The Grateful Heart includes a morning INSPIRATION routine for intention setting and an evening GRATITUDE practice. You'll enjoy:

- 28 daily quotes and mind-blowing inspirational cues
- 28 daily affirmations
- 28 daily, self-directed intention setting practice pages
- 28 daily gratitude pages
- BONUS energy + meditation activities

The guide is super easy to use. Set aside a few minutes each morning and each evening, just before you go to bed. Every morning, let the new theme inspire your daily experiences. You'll find yourself paying more attention to joyful moments, and falling deeply into love and gratitude. At the end of the day, record your grateful heart's reflections. Just follow the daily directives.

For more info on this 4-week experience, visit the Bookshelf at [www.thesoulcompass.com](http://www.thesoulcompass.com)



# FOODS MATTER

**Above**  
Remember to feed your family good fats found in fish like salmon (Wild Caught), and ensure you are getting adequate water and sunshine!

*"In Canada, chronic diseases account for approximately one third of direct health care costs. The Canadian population is aging, faces high rates of obesity, and engages in sedentary lifestyle behaviours. Thus the impact of chronic diseases is likely to continue to increase, unless we take action to address the many factors that influence what we eat."*

With our busy schedules, it's easy to default to pre-package foods and restaurant take-out. Fortunately nowadays, there are healthier options! I want to encourage you to spend some time planning for healthy meals and snacks for your kiddos and family. Include a variety of veggies, whole grains like quinoa, and lean-protein and plant-based foods. Fill up on nuts, seeds, tofu, fish, shellfish, eggs, poultry, lean red meat including wild game, lower-fat milk, lower-fat yogurts, lower-fat kefir, and cheeses lower in fat and sodium. Foods that contain mostly unsaturated fat should replace foods that contain mostly saturated fat. Remember: kids + teens need good fats for brain development (Omega 3 supplements is a good option!)

Shakes and smoothies can be a quick and delicious way to get your kids to eat more nutritiously. Experiment with different foods, spices, edible flowers, nuts, and alternate milk sources. Check out [thesoulcompass.com](https://thesoulcompass.com) for this edition's chakra bowl - look on the next page. Doesn't it look delish! Your kids will have fun decorating the top!



# SUN-POWERED SMOOTHIE

To find this delicious and healthy meal or snack, visit the blog section at [thesoulcompass.com](http://thesoulcompass.com). You'll find this recipe and more tips on how to eat to heal. visit [www.thesoulcompass.com](http://www.thesoulcompass.com)

***"Words. So powerful. They can crush a heart, or heal it. They can shame a soul, or liberate it. They can shatter dreams, or energize them. They can obstruct connection, or invite it. They can create defenses, or melt them. We have to use words wisely."***  
***Jeff Brown***

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