

Mindfulness & Self-Compassion

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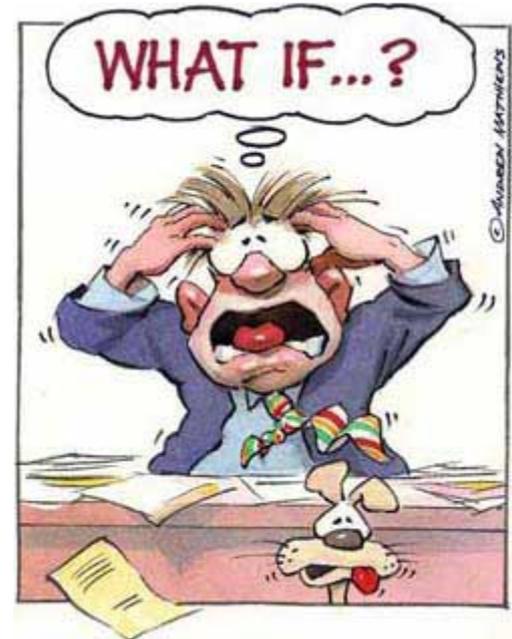
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Time Travel

Past



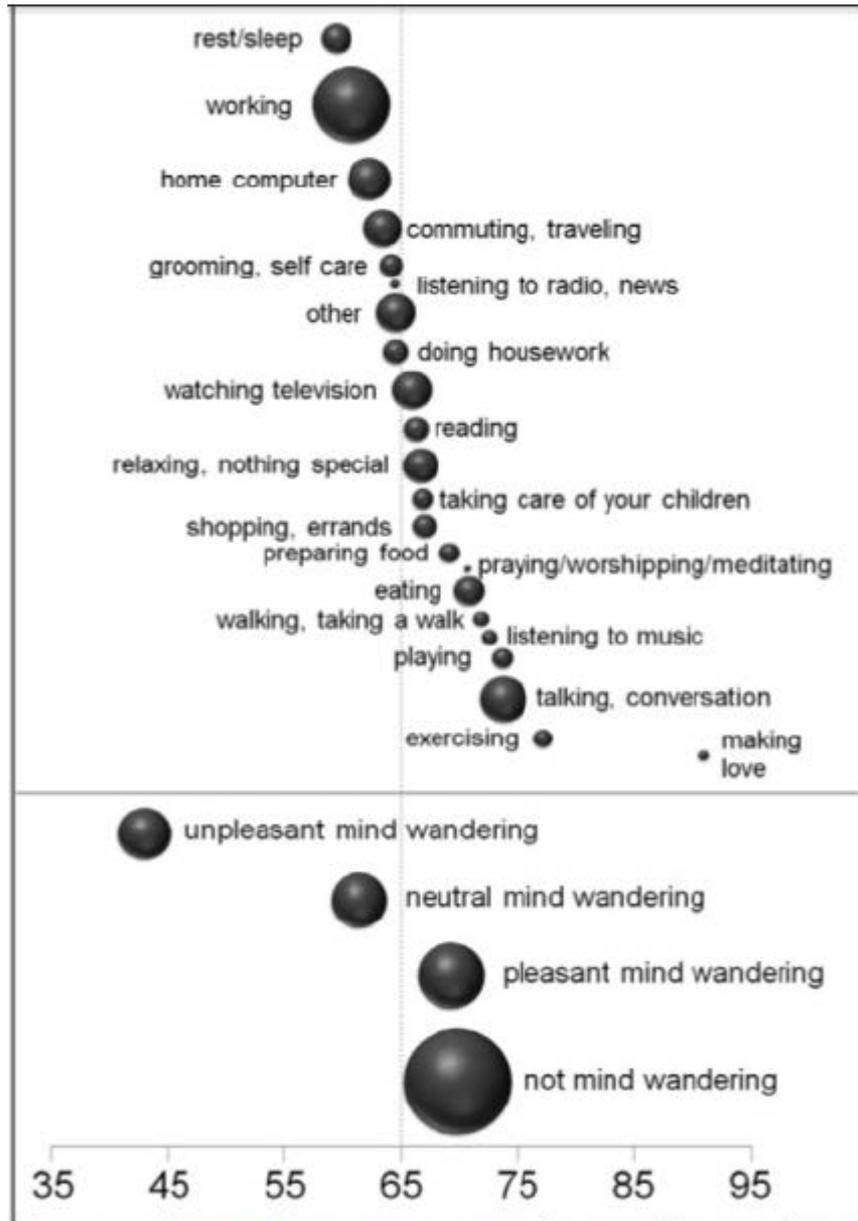
Future



**"I HAVE
SPENT MOST
OF MY TIME
WORRYING
ABOUT THINGS
THAT HAVE
NEVER
HAPPENED."
- MARK TWAIN**



A wandering Mind is an Unhappy Mind



1. How are you feeling right now?
2. What are you doing right now?
3. Are you thinking about something other than what you're doing?

Source: Mathew A. Killingsworth and Daniel T. Gilbert, November 12, 2010 Vol 330 *Science*

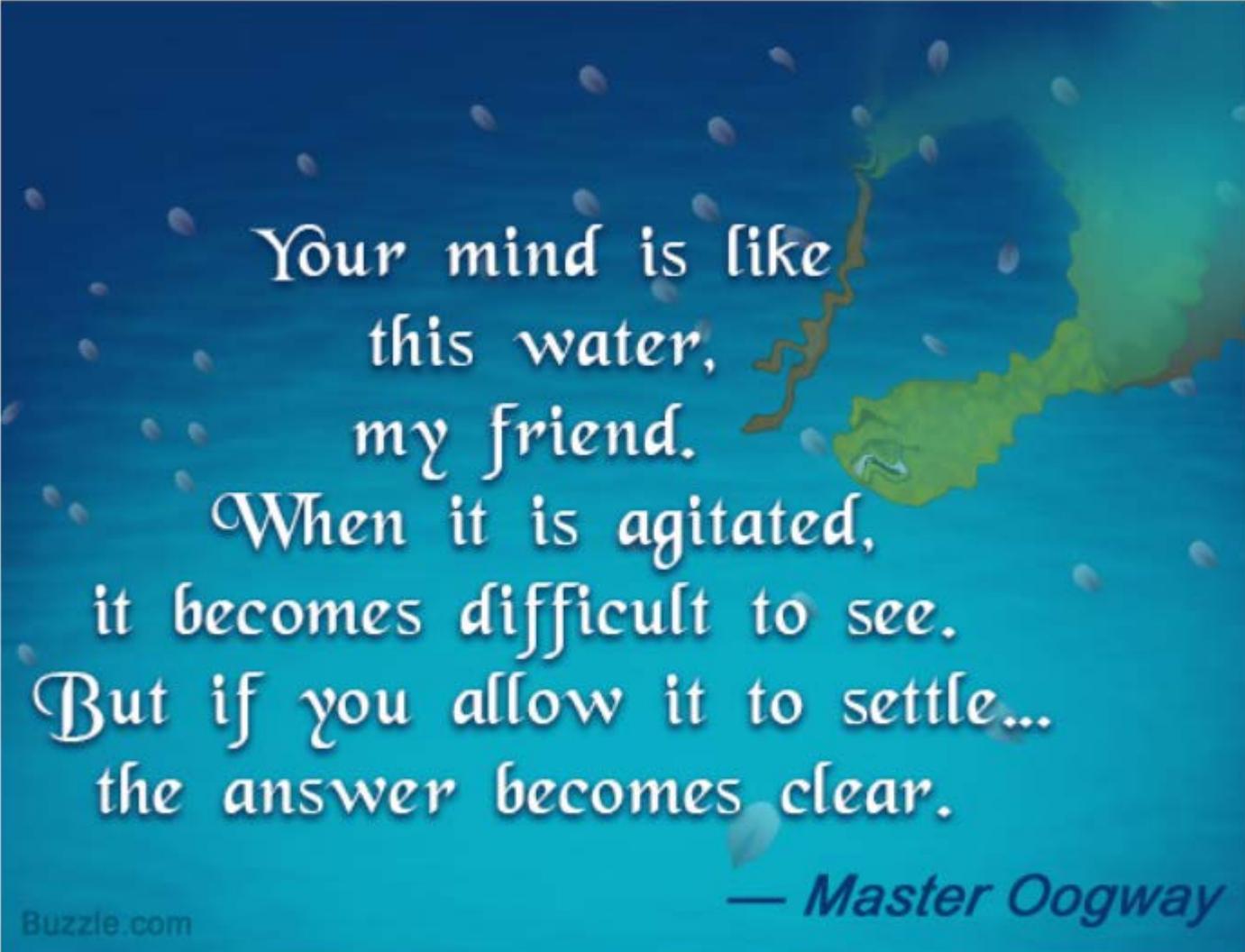
- *Mindfulness* invites us to “wake-up” to our habitual, “unskillful” patterns & behaviors

One habit is to run after a thought,
over and over again



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The background is a deep blue gradient. On the right side, there is a faint, light green map of Alaska. Overlapping the map is a green, dragon-like creature with a long neck and a small horn. The creature's body is a lighter shade of green, and it has a small, dark eye. The overall scene is set against a background of small, light blue, teardrop-shaped particles scattered across the blue field.

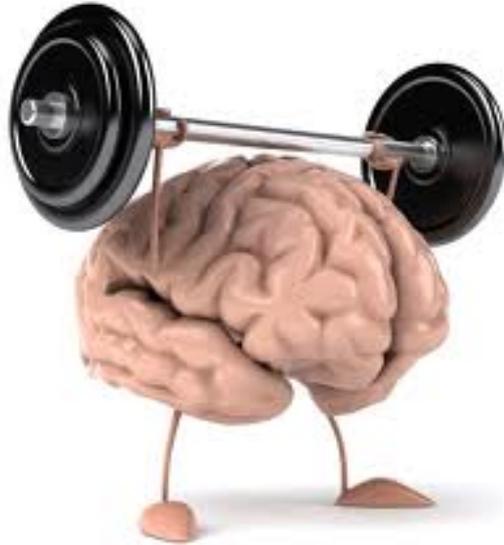
Your mind is like
this water,
my friend.

When it is agitated,
it becomes difficult to see.
But if you allow it to settle...
the answer becomes clear.

— *Master Oogway*

Another habit is to avoid certain
thoughts, feelings

Developing the Mental Muscle



Mindfulness, A Mental Exercise

Mindful Breathing

1. Attention (focus)

Observing or noticing experience

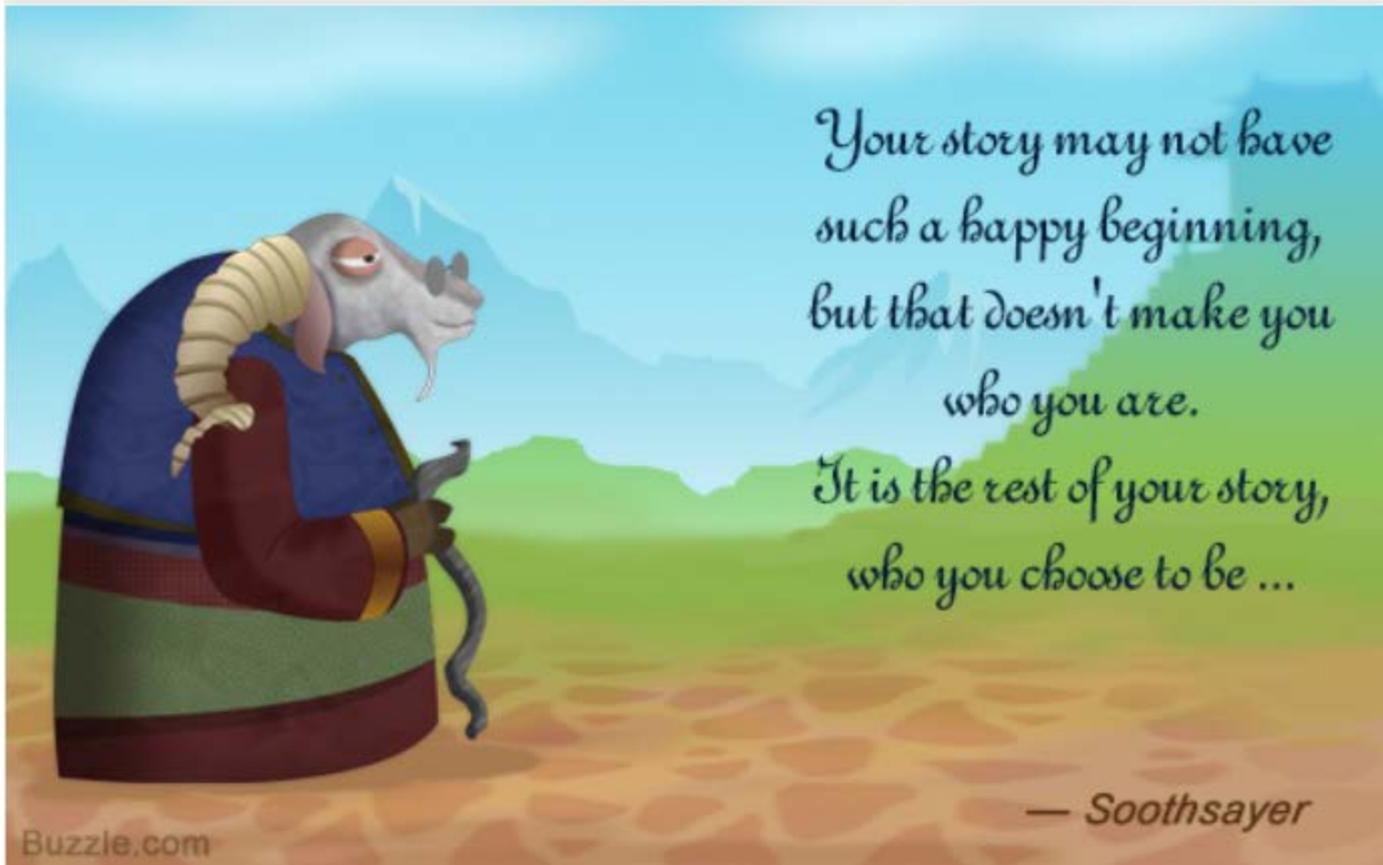
2. Awareness

3. Acceptance

Non-reactivity to internal experience

Non-judging of experience

**Simple, but not
Easy...**



Your story may not have
such a happy beginning,
but that doesn't make you
who you are.

It is the rest of your story,
who you choose to be ...

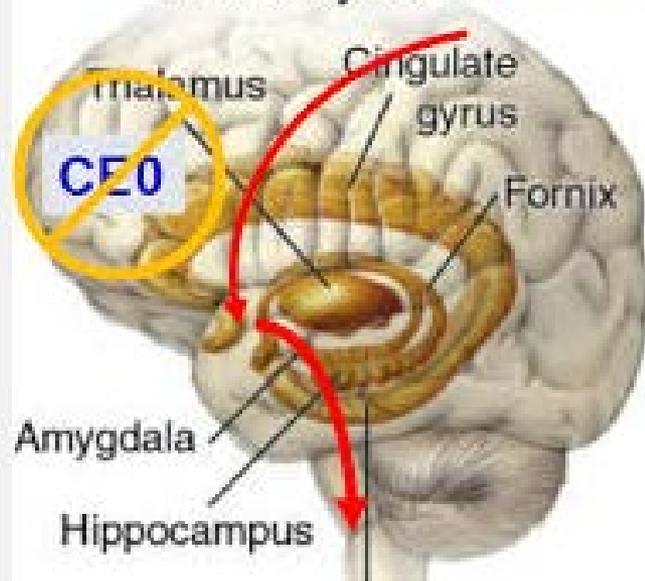
— *Soothsayer*

Buzzle.com

Mindfulness gives you choice to respond, not to react

Limbic System

Stress



Stress Shrinks Brain Networks



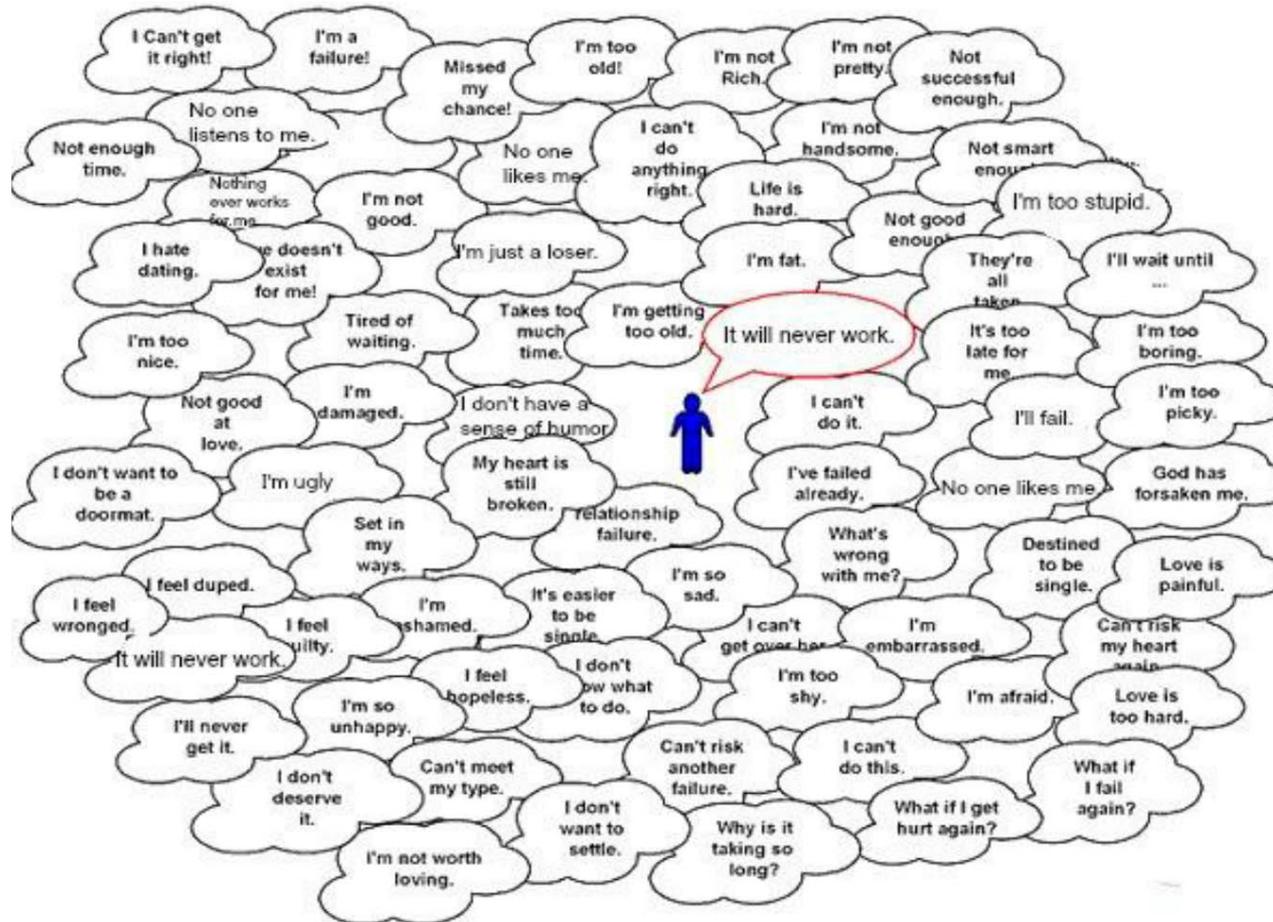
Mindfulness fosters coherence, reduces “flipping your lid”



More cognitive flexibility...

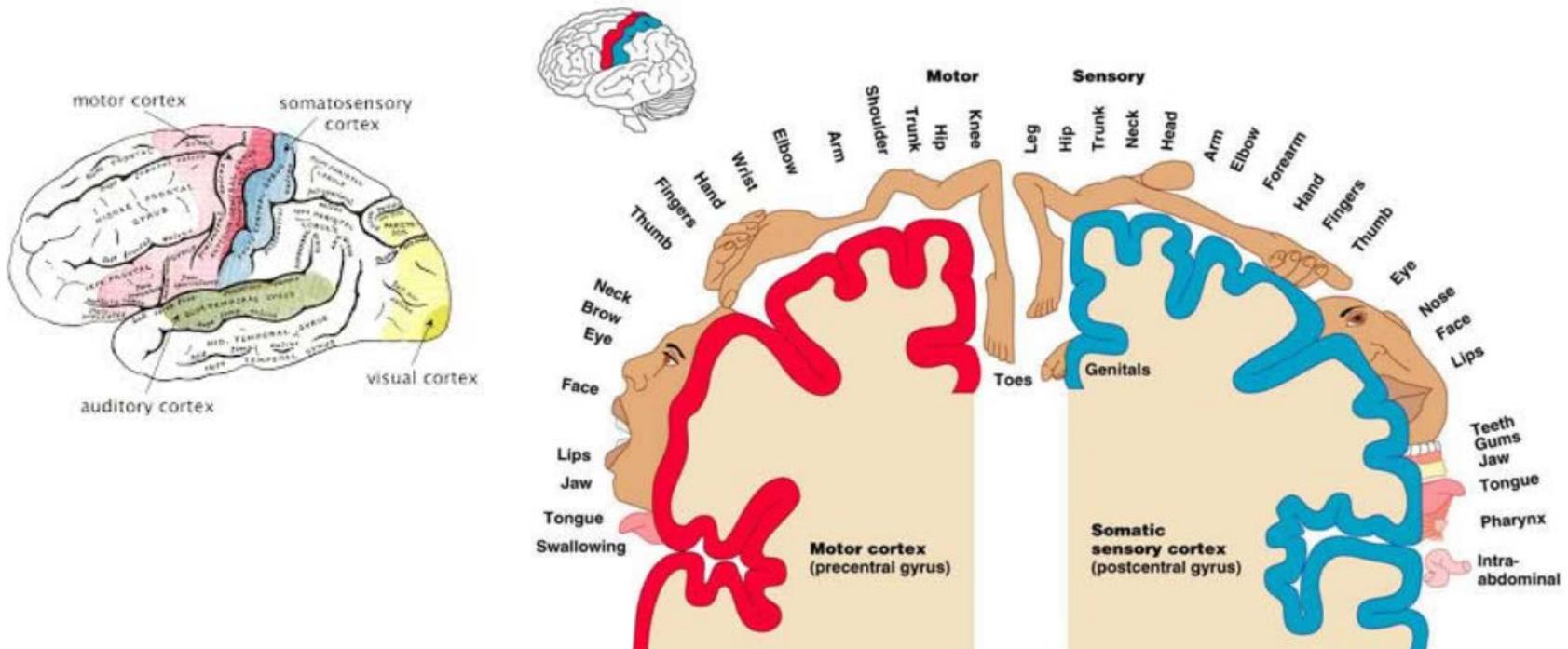
Self-Representation

Neurologically, the narrative self



Self-Representation

Neurologically, the Experiential self



Stress & Mindful Breathing

Change sympathetic to parasympathetic balance within minutes!



Compassion



Witnessing suffering



Emotion/motivation



Action: Prosocial behavior

People can be very compassionate towards others but forget to extend that kindness to themselves

As caregivers, we're supposed to take care, work hard, fulfill our responsibilities, be the best...

After all, the other person is relying on us, depending on us.

However, sometimes/often feelings of irritation, annoyance, inadequacy, frustration, anger can occur, and pile up over time... leading us to be

Excessively self-critical, guilty, and un-kind to ourselves

As we face criticism(s) in ourselves or by others, we become defensive and feel crushed.

An antidote to self-criticism is self-compassion

RELAX....

You're not Perfect

You are going to make
mistakes

Worrying about
whether you're a **good enough caregiver**
will **NOT** improve your
caregiving skills....it will only make it worse

Imperfect \neq Worthless

Even the people you most respect make mistakes and have done things they regret.

So Relax.

EVERYONE makes mistakes.

Everyone is imperfect.

Yet each of us is wonderful in our own way—
despite being imperfect.

And you can be a **WONDERFUL** caregiver even though you aren't the perfect caregiver.

Self-Compassion Leads to Resilience

Involves facing failure, insecurity, or mistakes in a radically different way. Self-compassion involves 3 things:

Self-Kindness

Common Humanity

Mindfulness

Joy & Sleep are also Vital Nutrients



Bow of Gratitude for your Presence

