

Don't Beat Yourself Up: How to use mindfulness and self-compassion in challenging times



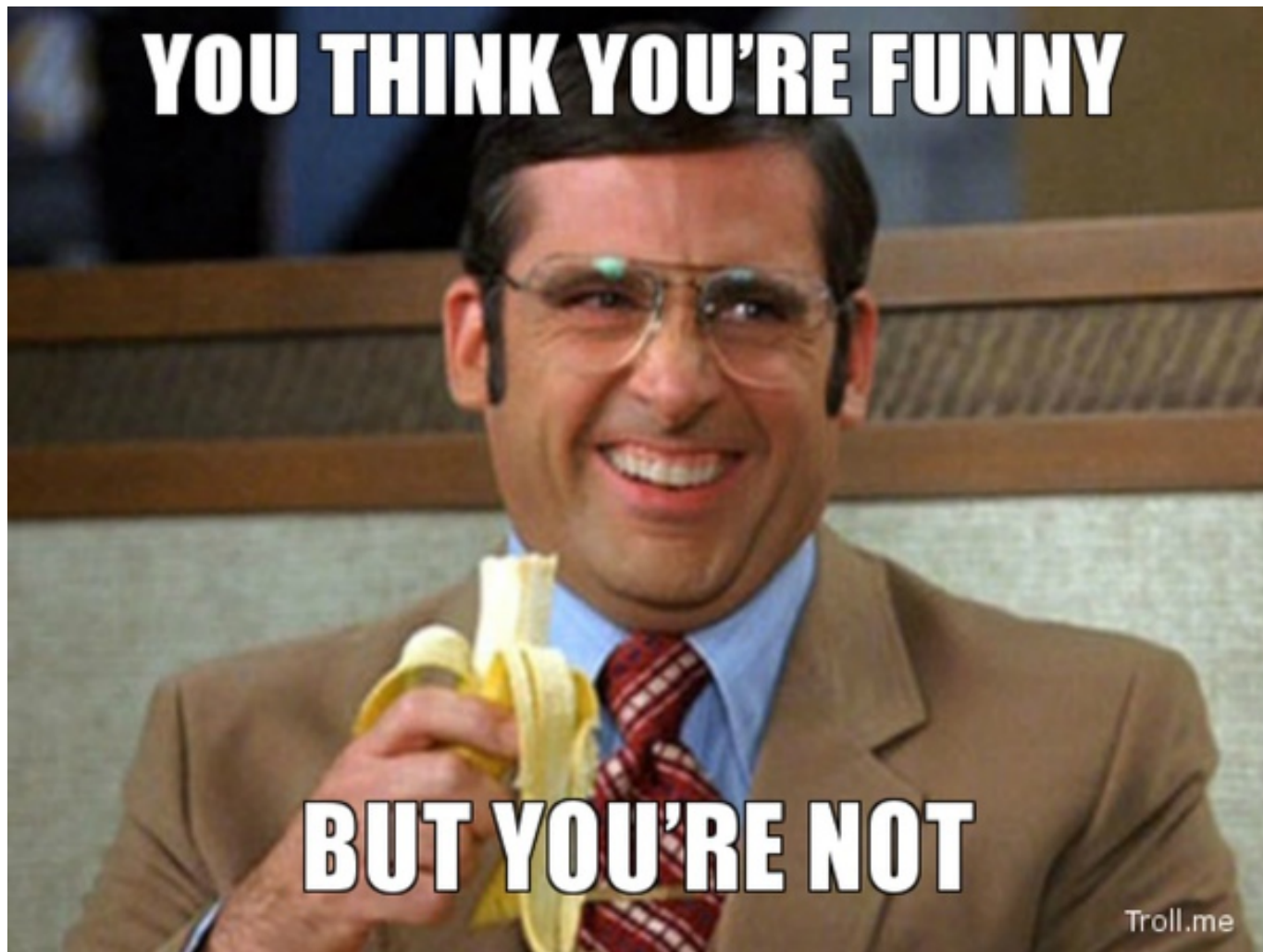








YOU THINK YOU'RE FUNNY



BUT YOU'RE NOT

Troll.me



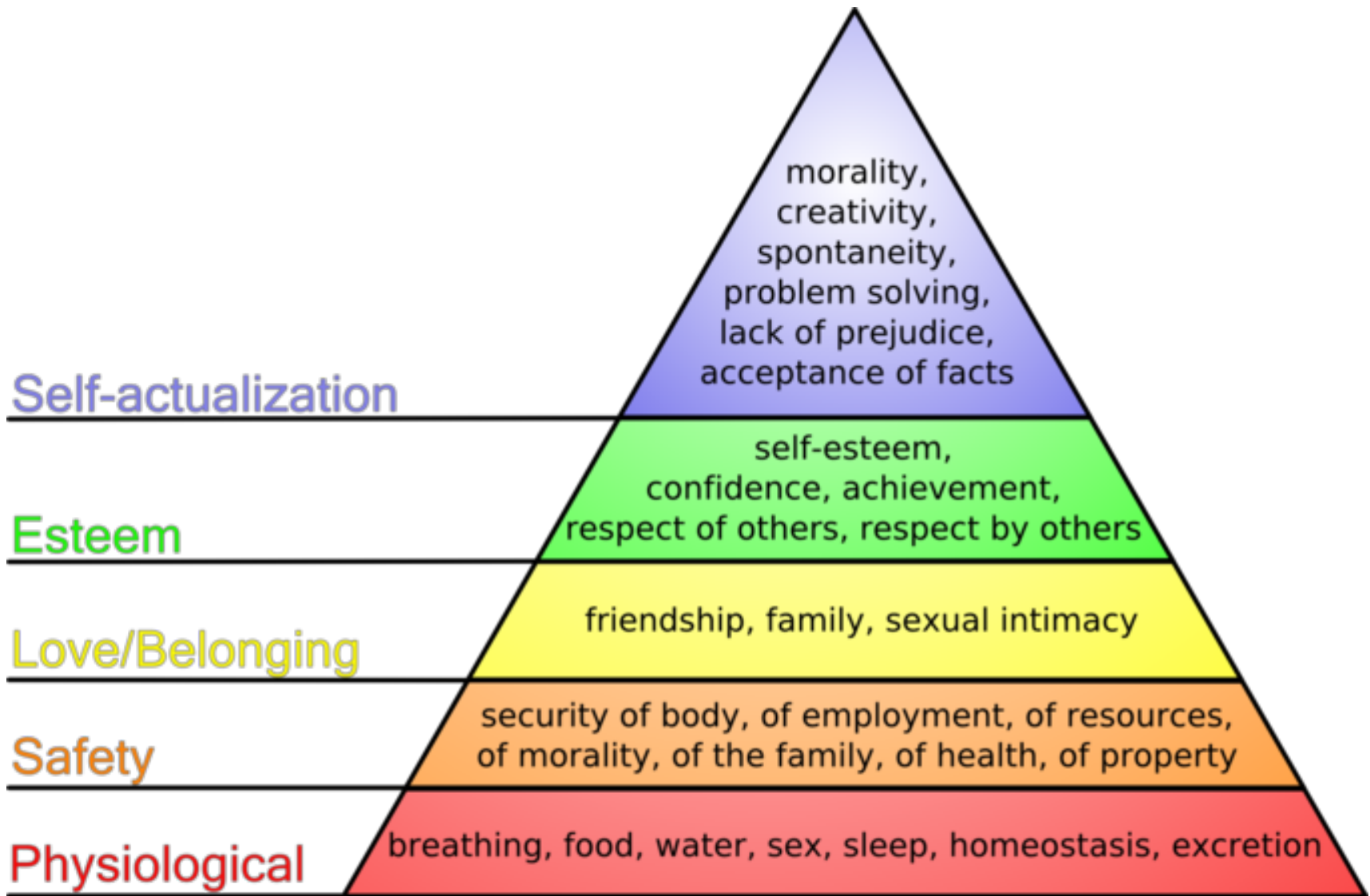
**THAT WAS
HELPFUL.**

**FALSE. THAT DID NOT HELP ME
IN ANY WAY.**

memegenerator.net

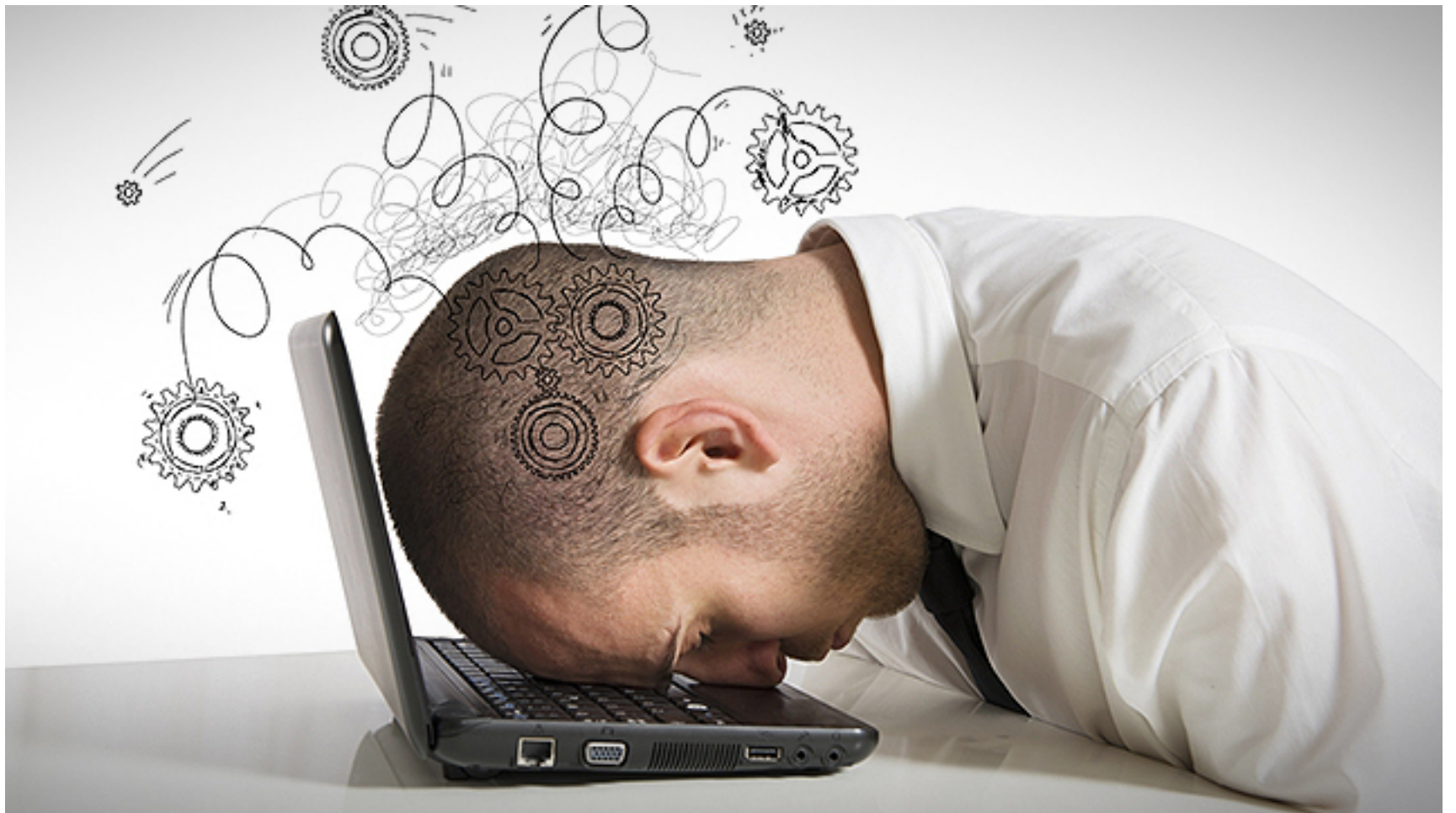


















Want to sleep, you're not able to...



**What is the key to
surviving this?**

Will Power

Positivity

Faith

Working Against Yourself

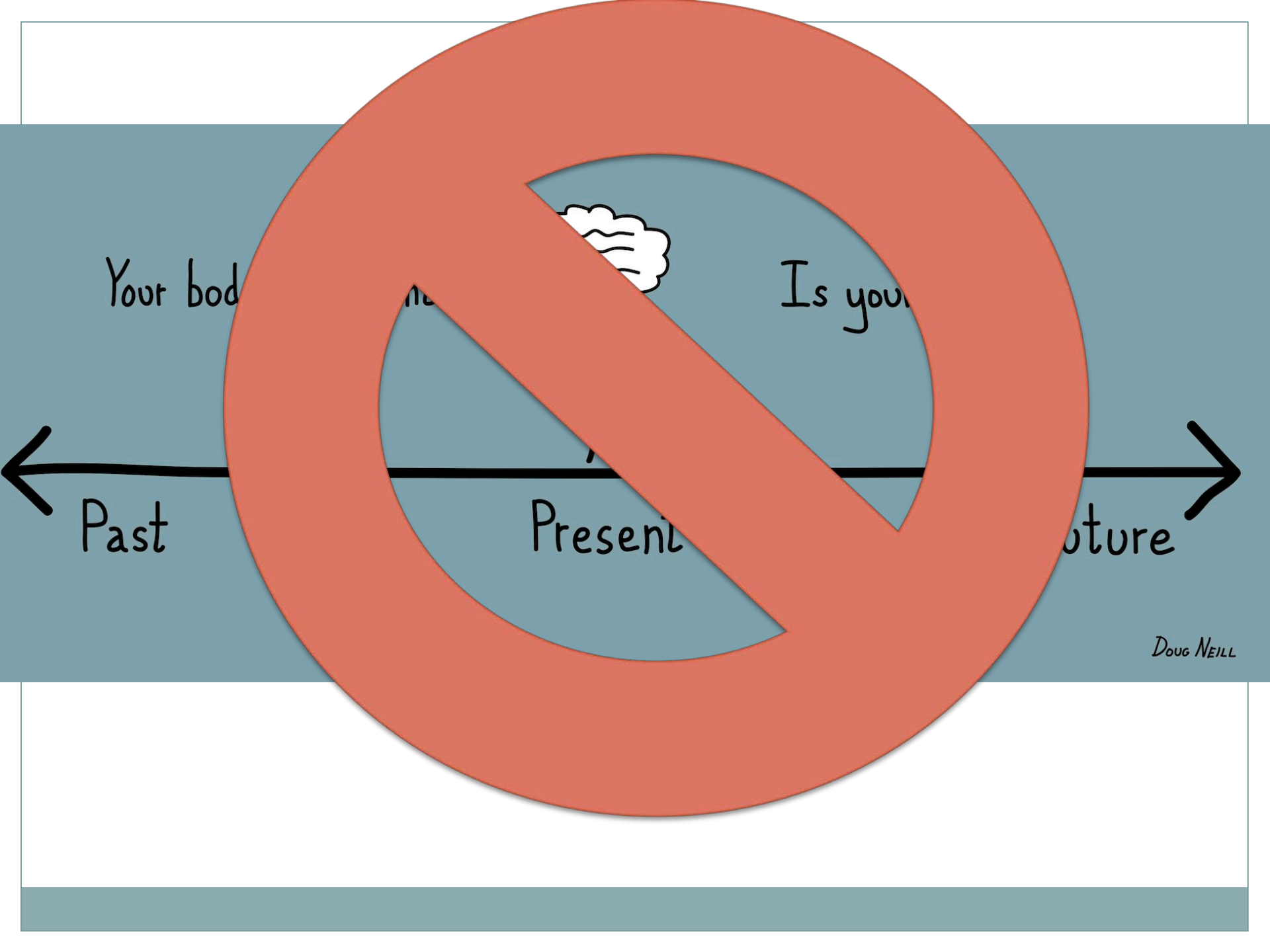
Resiliency

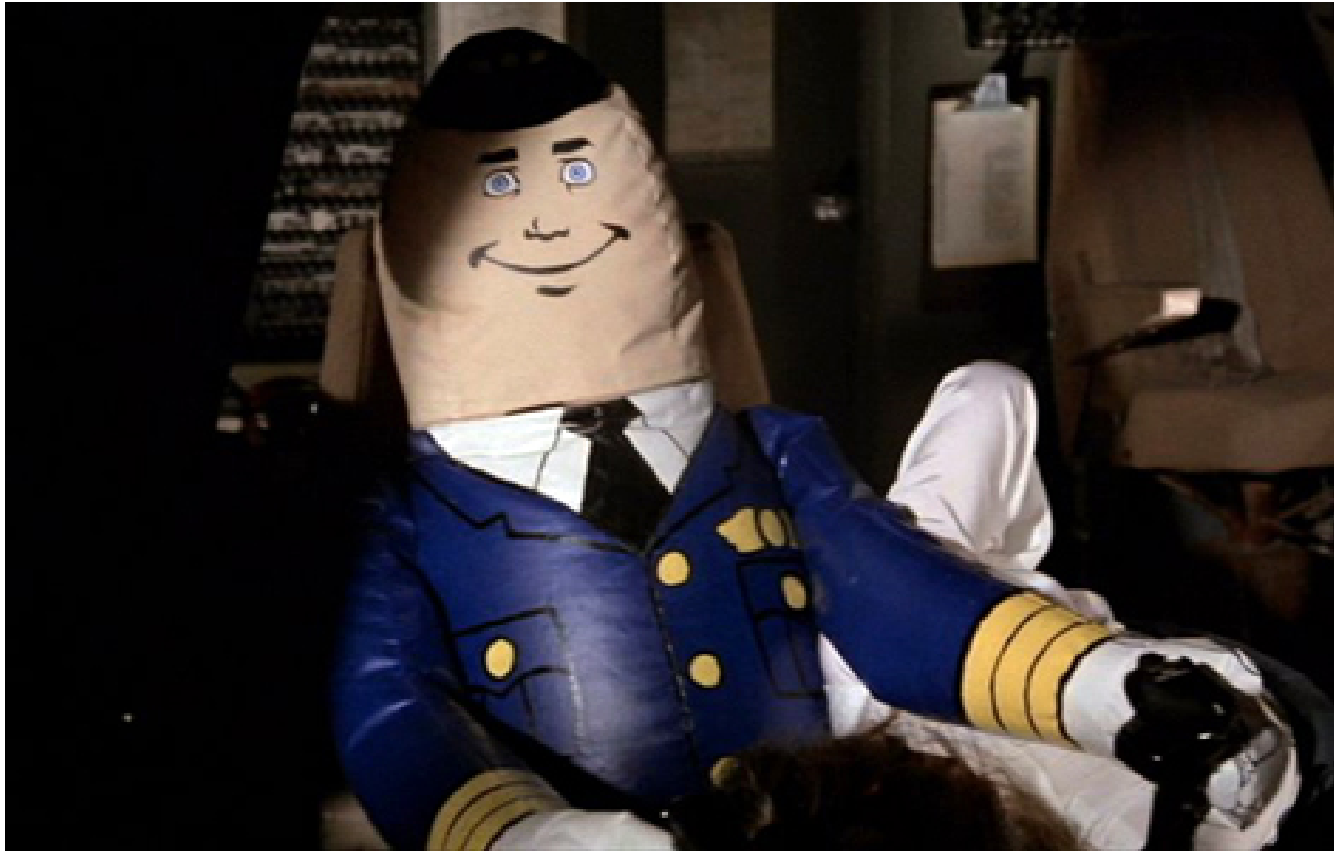
Mindfulness













Orangette



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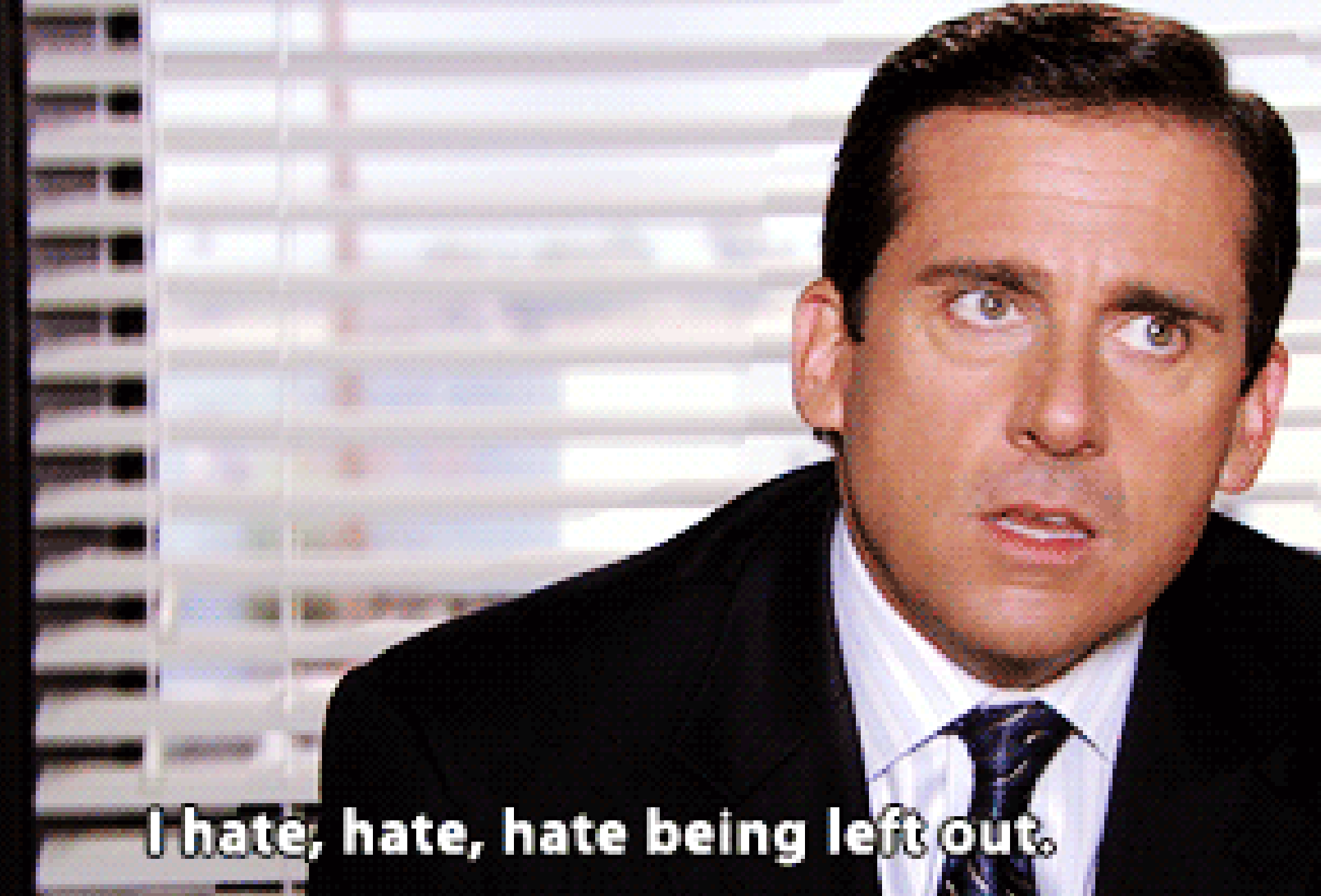


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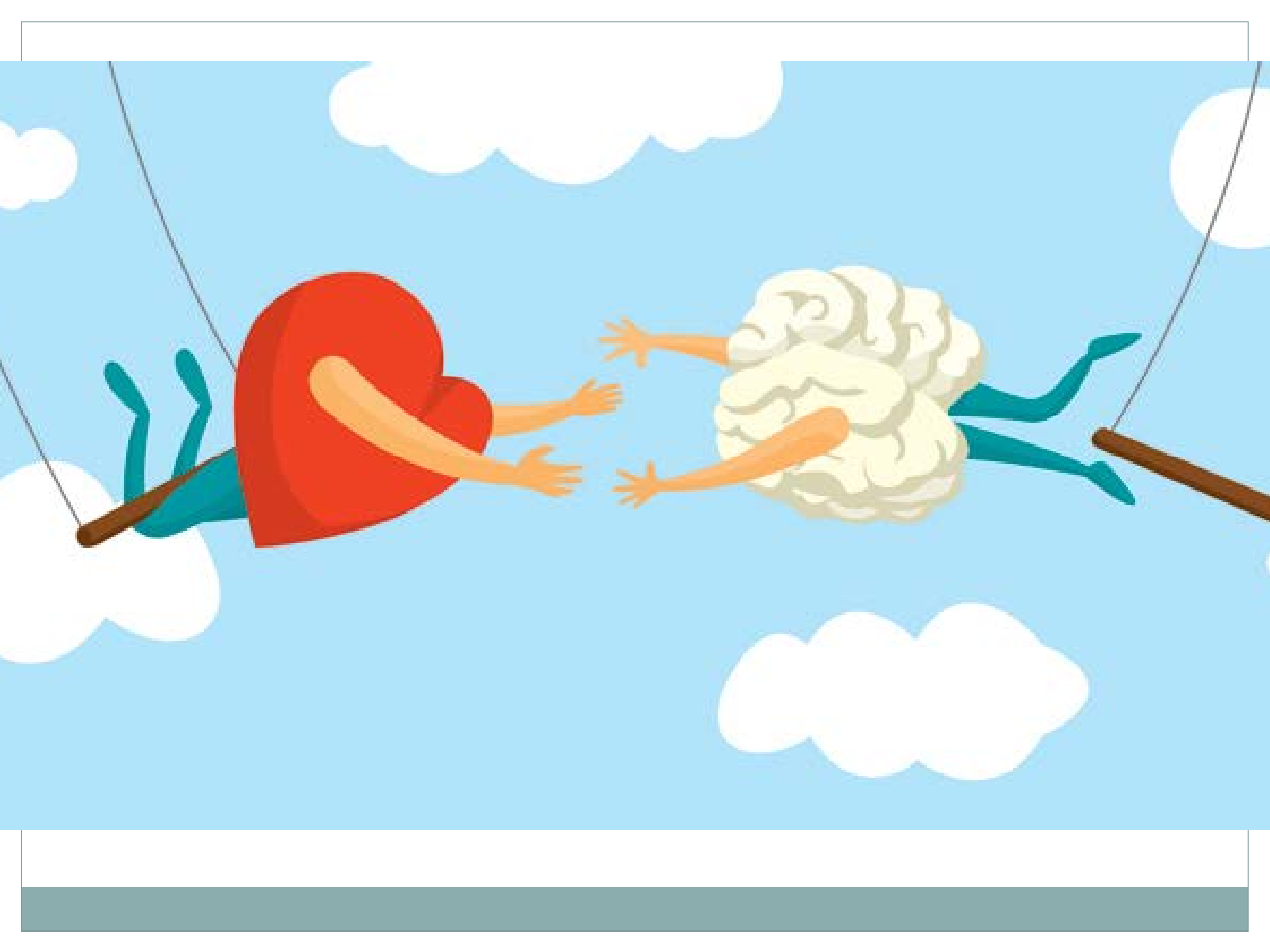


I hate, hate, hate being left out.





Suppresses our capacity to be resilient



**Mindfulness helps with our ability to
cope with human suffering**

Pain x Resistance = Suffering

**Stress in not wanting to happen that
which is already happening.**

#1 Scenario: Grounding

Needed is to come back into
the present moment

Fastest way to do this is to
come back into the body

Mindfulness Practice

1. Sensing what you are feelings
2. Bringing your attention to your body and releasing tension
3. Focusing on your breath
4. Sensing your entire body and checking back in with what is present now



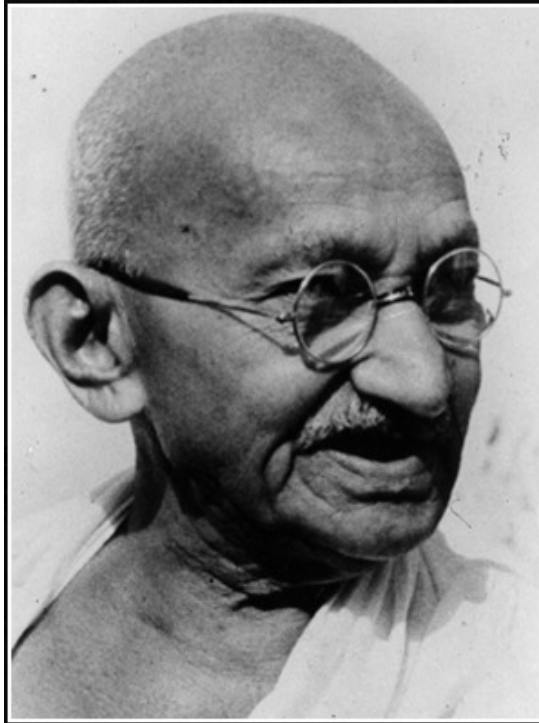
Compassion

Compassion



Deep awareness of the suffering of oneself and other living beings, coupled with the wish to alleviate it.

-Paul Gilbert



Compassion is a muscle that gets
stronger with use.

— *Mahatma Gandhi* —

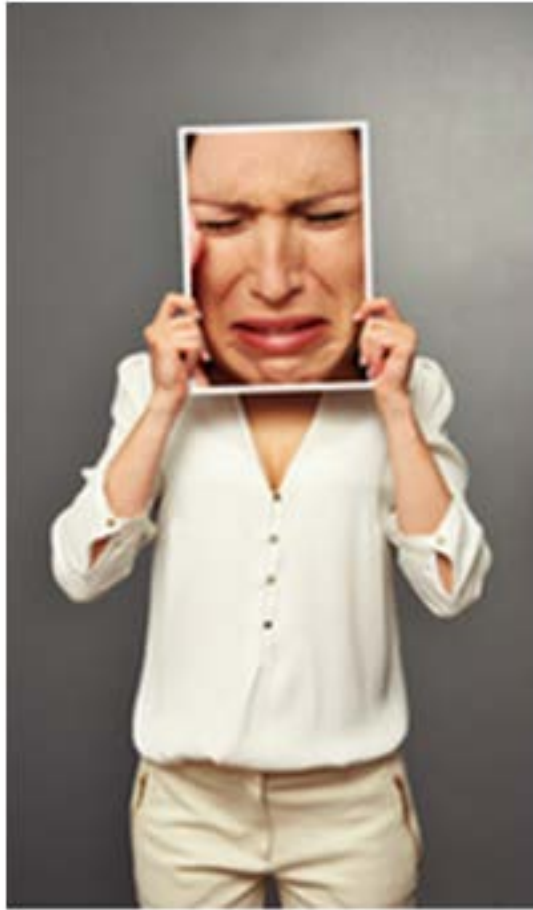
AZ QUOTES





Mindfulness & Self-Compassion





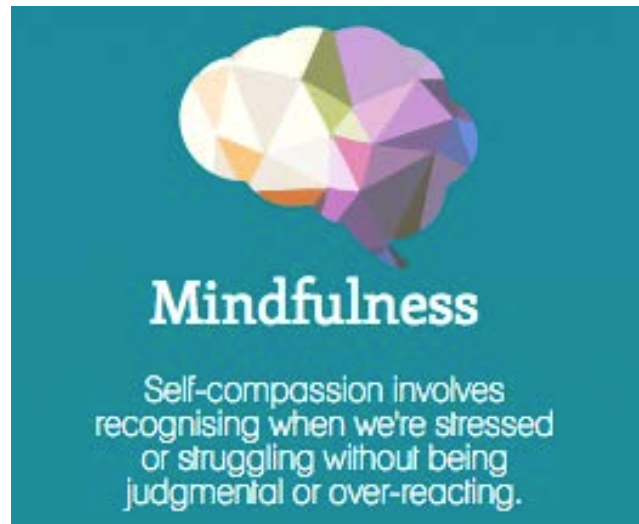




Self-Compassion Vs. Compassion?



Self-Compassion By Kristin Neff



Becoming Aware of Pain

Here is the Pain → YES

- Not YES I like this
- YES this is here, I'm not going to deny or pretend that this isn't happening
- Feeling the OUCH of suffering



Becoming aware of pain



Common Humanity



Nurturing Ourselves



3 Triggers for Compassion



1) Mindfulness

1) Common Humanity

1) Kindness and Nurturing

Compassion Practice & Discussion

#2 Scenario: Caregiver or Survivor



Why?



Mirror Neurons

Empathetic Suffering

Personal Distress

Empathy Fatigue



Compassion Practice

#3 Scenario: Blaming ourselves










Fight  **Self-Criticism**

Flight  **Isolation**

Freeze  **Absorption**

Overwhelmed



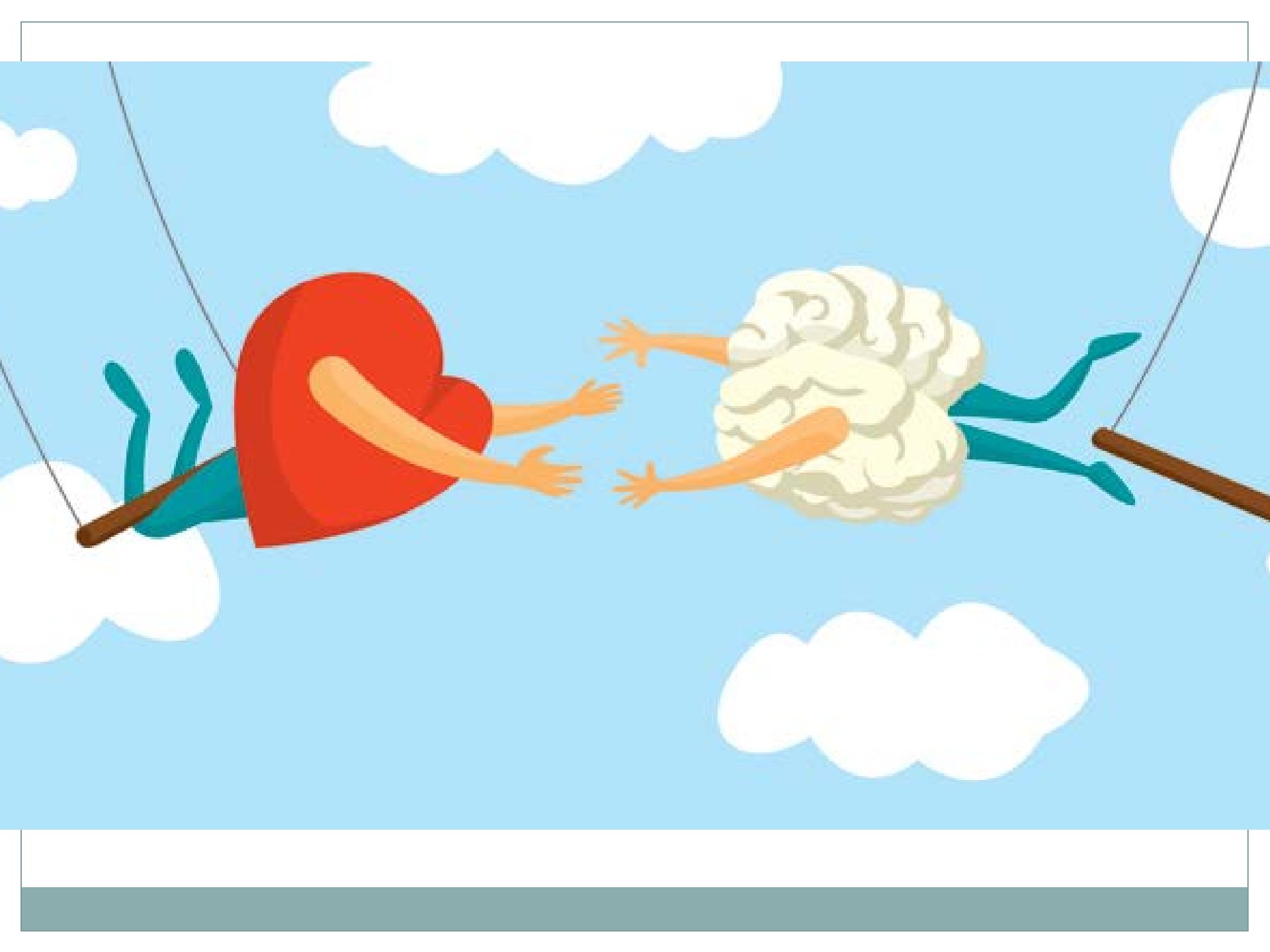
Self-Esteem vs. Self-Compassion



- **Comparison**
- **Performance Based**
- **Fewer Social Comparisons**
- **Less Contingent on Self Worth**
- **No Association with Narcissism**

Neff & Vonk, 2009, Self-Compassion Versus Global Self-Esteem: Two Different Ways of Relating to Oneself, *Journal of Personality*, 2009

Compassion Practice




Compassion



B. Price

Y O G A



HOW IS IT WE'RE THE MOST
SUCCESSFUL SPECIES
ON THE PLANET, YET WE
NEED TO PAY PEOPLE TO
REMIND US TO BREATHE
AND DRINK WATER.

True North Treks



https://www.ted.com/talks/louie_schwartzberg_nature_beauty_gratitude

Thank You