Don’t Beat Yourself Up: How to use mindfulness and self-compassion in challenging times
Doctor’s Appointment
YOU THINK YOU’RE FUNNY

BUT YOU’RE NOT
THAT WAS HELPFUL.
FALSE. THAT DID NOT HELP ME IN ANY WAY.
Self-actualization
- morality, creativity, spontaneity, problem solving, lack of prejudice, acceptance of facts

Esteem
- self-esteem, confidence, achievement, respect of others, respect by others

Love/Belonging
- friendship, family, sexual intimacy

Safety
- security of body, of employment, of resources, of morality, of the family, of health, of property

Physiological
- breathing, food, water, sex, sleep, homeostasis, excretion
Want to sleep, you’re not able to...
What is the key to surviving this?
Will Power

Positivity

Faith
Working Against Yourself

Resiliency
Mindfulness
SHARE THIS POST
For No Reason
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 feeling

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 —
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
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
Why are we so hard on 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

Compassion Practice
Compassion
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