

# **Be Kind To Your Mind**

## **Episode 6: Compassion and Mindfulness**

A Petros Production

With

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Laura





# Tom

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# The BKT YM Mission

To share the information and the skills we  
need to look after our minds in the same  
way we look after our bodies, so that no  
matter what life throws at us, we can  
(mostly) thrive!



# The Episodes

Episode	Title	Date	Episode	Title	Date
1	What is resilience?	11 May	6	Compassion and mindfulness	15 Jun
2	Your brain and your mind	18 May	7	The four sights	22 Jun
3	Emotion and intuition	26 May	8	Cognitive skills	29 Jun
4	The physiology of emotion	1 Jun	9	Parents special	6 Jul
5	Emotional regulation	8 Jun	10	A celebration	13 Jul

# The BKT YM – The Process

- Each episode has an associated workbook and exercises from Tom that will be downloadable from <https://petros.org.uk/be-kind-to-your-mind-cummins> soon after each episode. Use it however suits you best. The idea is for you to create your own resource to refer back to whenever you need
- If you miss an episode, a recording of it will be available for a short period (roughly a month) for you to view again. Your organisation will circulate the details for access. Please be aware that each episode is recorded!
- We will be using Mentimeter, an interactive software that allows you to participate anonymously.
- Photo credits Upsplash: Peter Forster, Claudia Wolff, Andre Guerra

# Favourite food

fish ships nasi goreng  
chocolate  
lasagne seafood lasagna anything spicy  
pizza pie  
all in one avocado pelmeni  
fairy bread cheese prawns  
pasta tapas  
avocado sandwich  
curry creamy cajon chicken melon  
sushi  
animal human





## E6: Compassion and Mindfulness

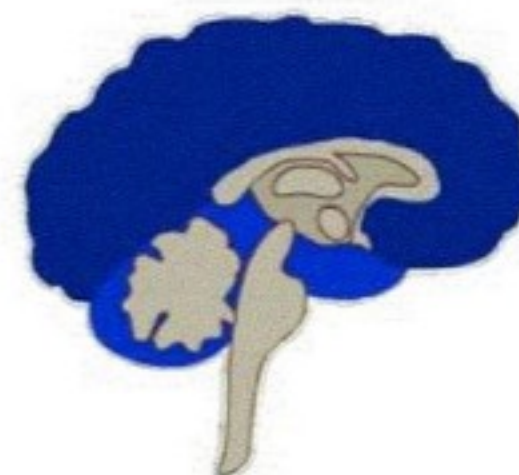
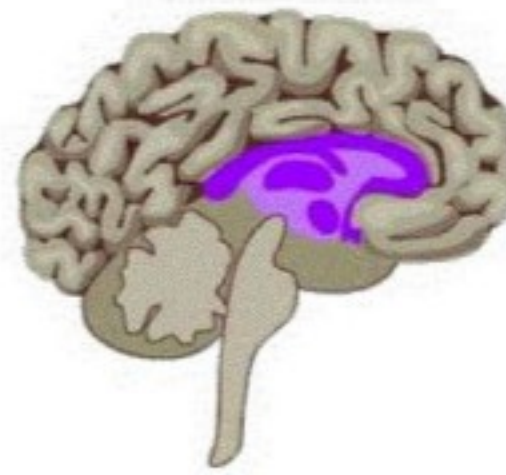
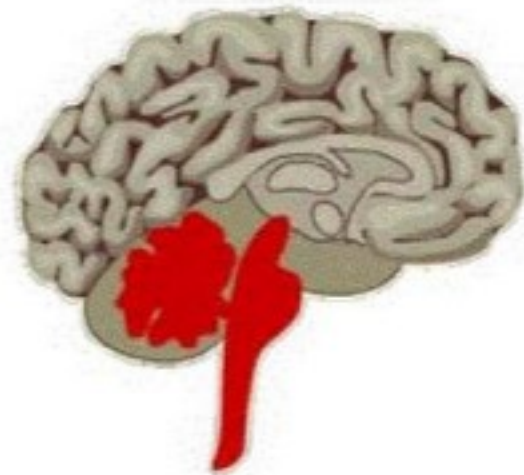
“A person who thinks all the time has nothing to think about except thoughts, so they lose touch with reality and live in a world of illusions”

Adapted from.. Alan Watts

Today's session is about getting out of your head  
(No..... not in the way you are thinking)

# Triune Brain Theory

Lizard Brain	Mammal Brain	Human Brain
Brain stem & cerebellum	Limbic System	Neocortex
Fight or flight	Emotions, memories, habits	Language, abstract thought, imagination, consciousness
Autopilot	Decisions	Reasons, rationalizes



The Triune Brain in Evolution, Paul MacLean, 1960







# How does the picture make you feel?

worried beautiful thrilling dizzy scared anxious sick amazed  
scarwd relaxed excited wonderful view faint nervous terrified  
adrenaline wobbly puh frightened uncomfortable



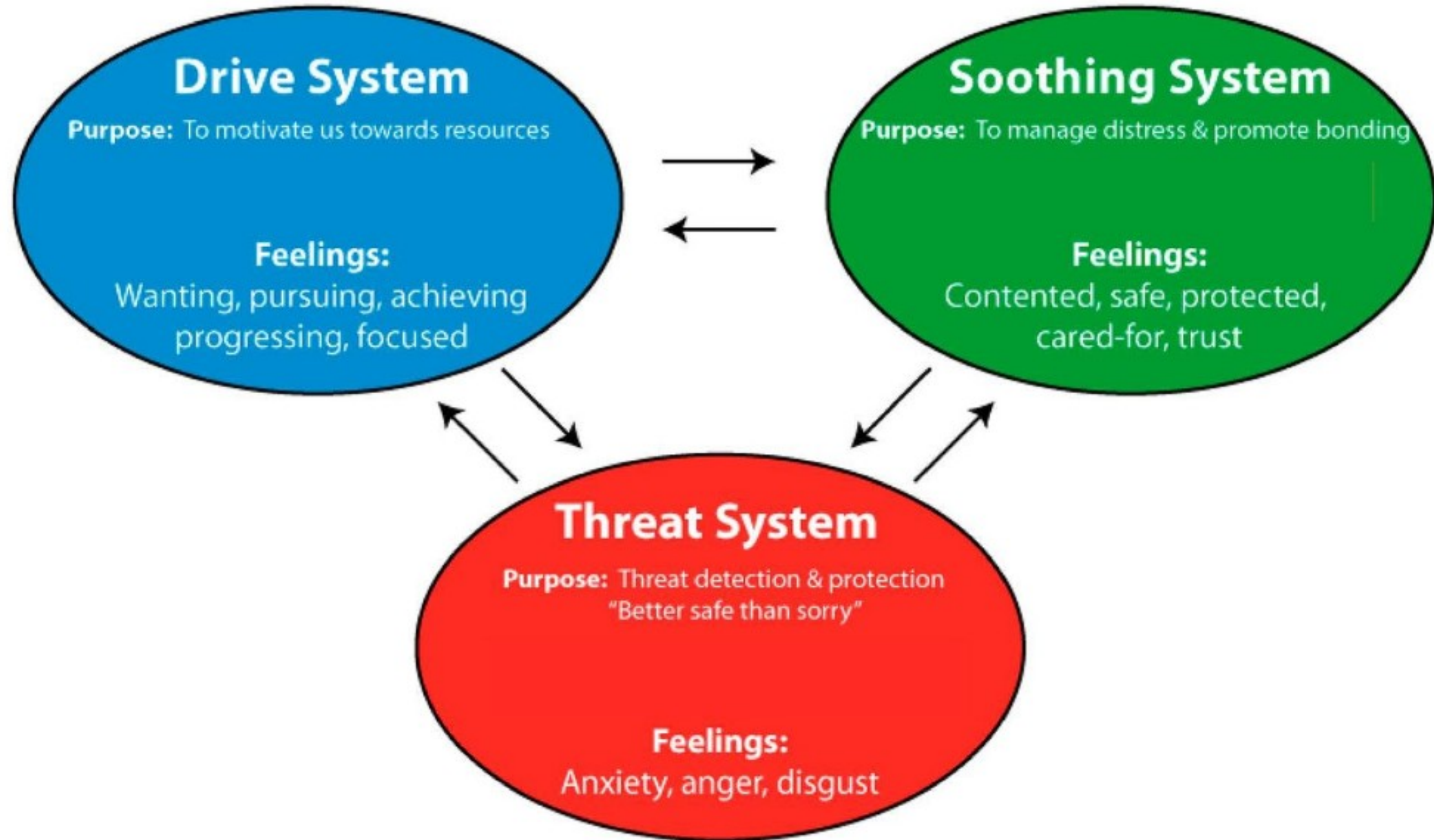


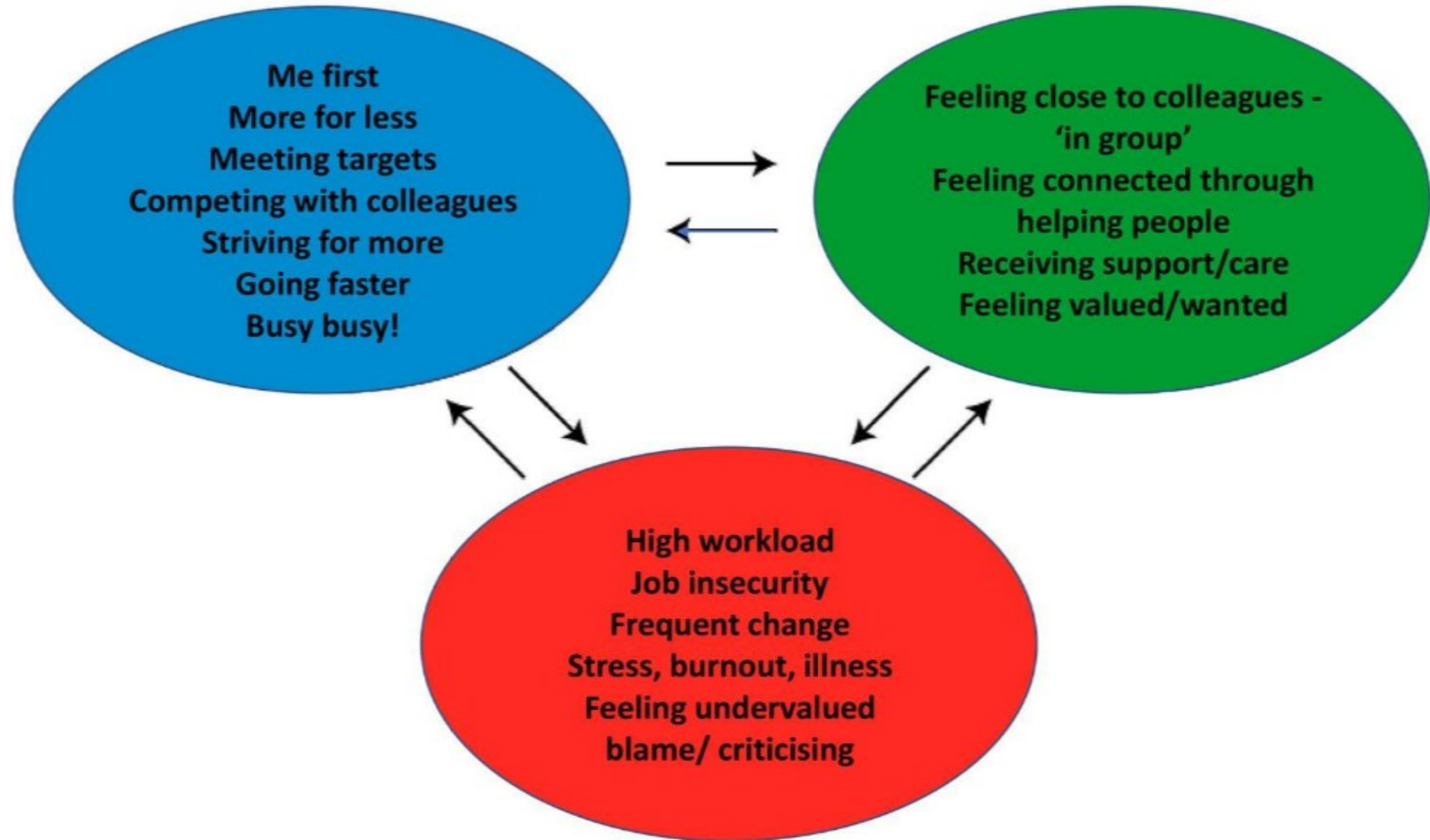
# How does that make you feel?

repulsed  
sick  
yuck  
disgusting  
so gross  
ughh  
ew  
ugh  
yuk  
disgusted  
queasy  
terrible  
awful  
nausea  
horrified

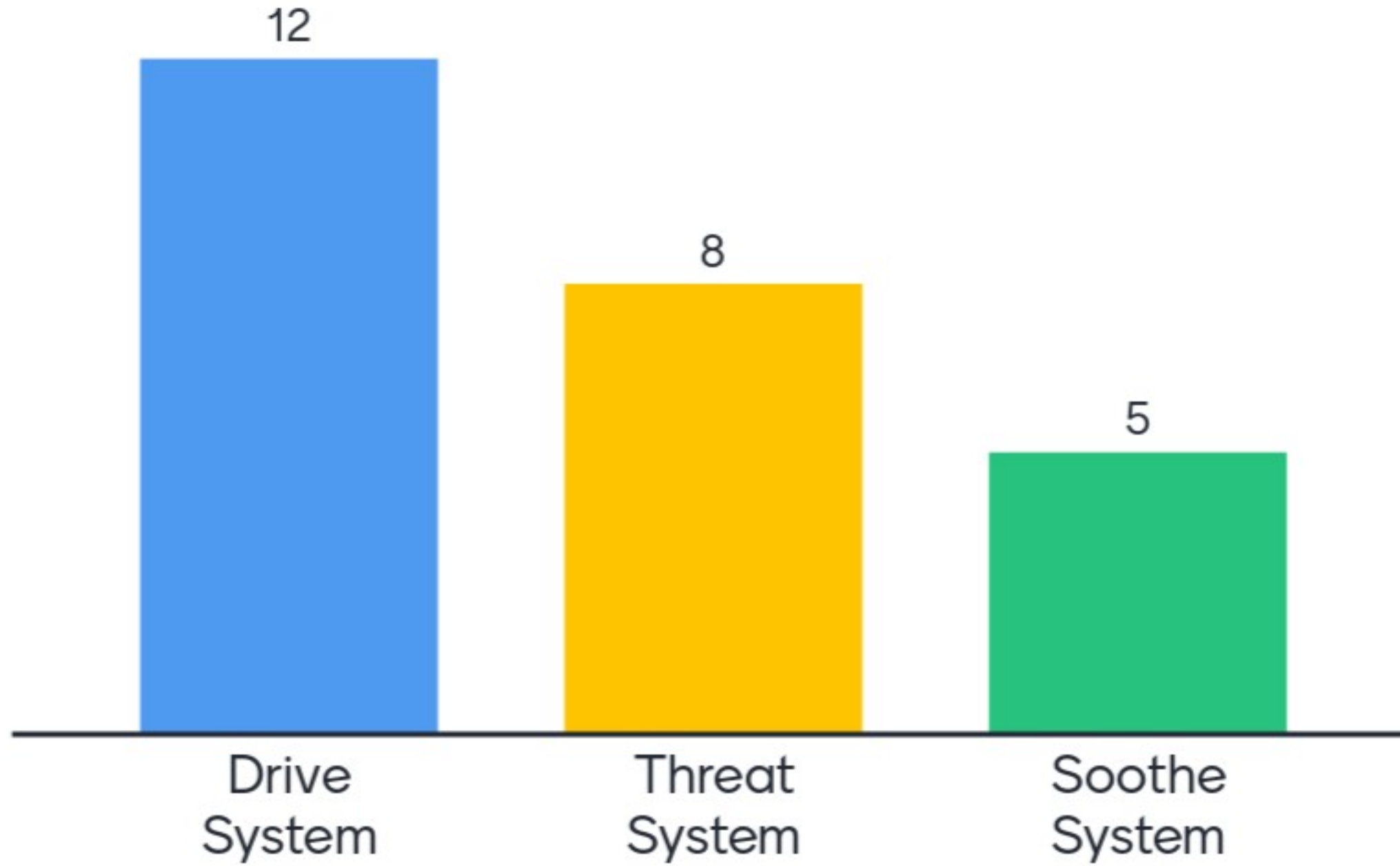








# Multiple Choice





An old Cherokee is teaching his grandson about life.

“A fight is going on inside me” he said to the boy “it’s a terrible fight between two wolves. One is evil – it is anger, envy, sorrow, regret, arrogance, self-pity, guilt, resentment, inferiority, lies, false pride, superiority and ego”

He continued “The other is good – it is joy, peace, love, hope, serenity, humility, kindness, benevolence, empathy, generosity, truth, compassion and faith. The same fight is going on inside you – and inside every other person too”

The grandson thought about this for a minute and then asked his grandfather  
“Which wolf will win?”

The old Cherokee simply replied “The one you feed”

It's all well and good learning about the three systems but how do I access my soothe system?

How can "I" create balance?

## Mindfulness & Self Compassion

Mindfulness is the quality of being present and fully engaged with whatever we are doing at the moment; Free from distraction or judgement, and aware of our thoughts and feelings without getting caught up in them

Self Compassion involves treating yourself the way you would treat a friend who is having a hard time



# **Simple Mindfulness Exercises**

**Soles of the feet**

**Past and Future**

**Three Minute Breathing Space**

**The “Just worrying” technique**

**STOPP**



**Stop!**

Just pause for a moment

**Take a breath**

Connect with the breath

**Observe**

What thoughts are going through your mind right now?

**Pull back – get some perspective**

Thoughts or facts? What's the bigger picture?

**Practice what works - Proceed**

What is the best thing to do right now?

**W I N**

**What's Important Now?**



## **Loving Kindness Meditation Benefits**

**Less self-criticism**

**More positive emotions**

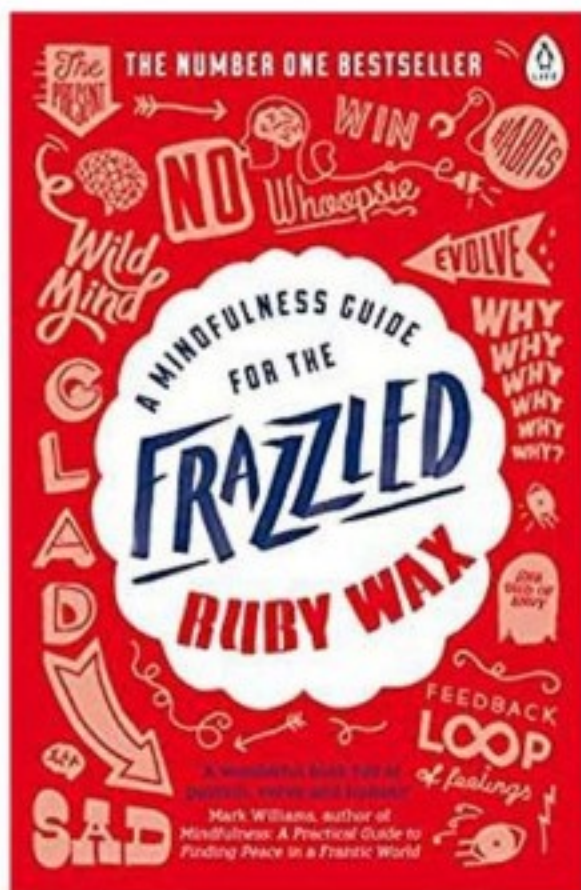
**Lesser self-destructive thoughts**

**Reduced pain symptoms**

**More resilience**

**Long-term benefits**

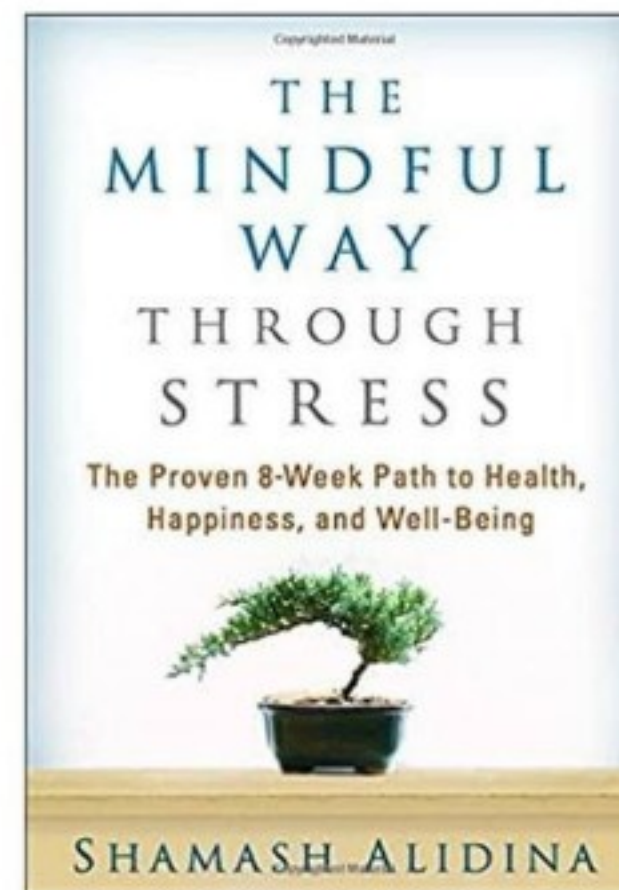
**Faster recovery**



# PETROS

*Resilience for Life*

**Petros Research Backed Eight Week Mindfulness Course**



PETROS

*Resilience for Life*



# What will you take away from today's session?

The 3 systems

Regular meditation

use mindfulness more

Relaxation techniques

Do mindfulness daily

Glass of wine

Connecting to breath

Use "just worrying" method

Loving kindness meditation





# What will you take away from today's session?

The mindfulness exercise

Techniques to chill

need to look after yourself

More compassion to self

Try to commit to mindfulness

balancing the 3 systems

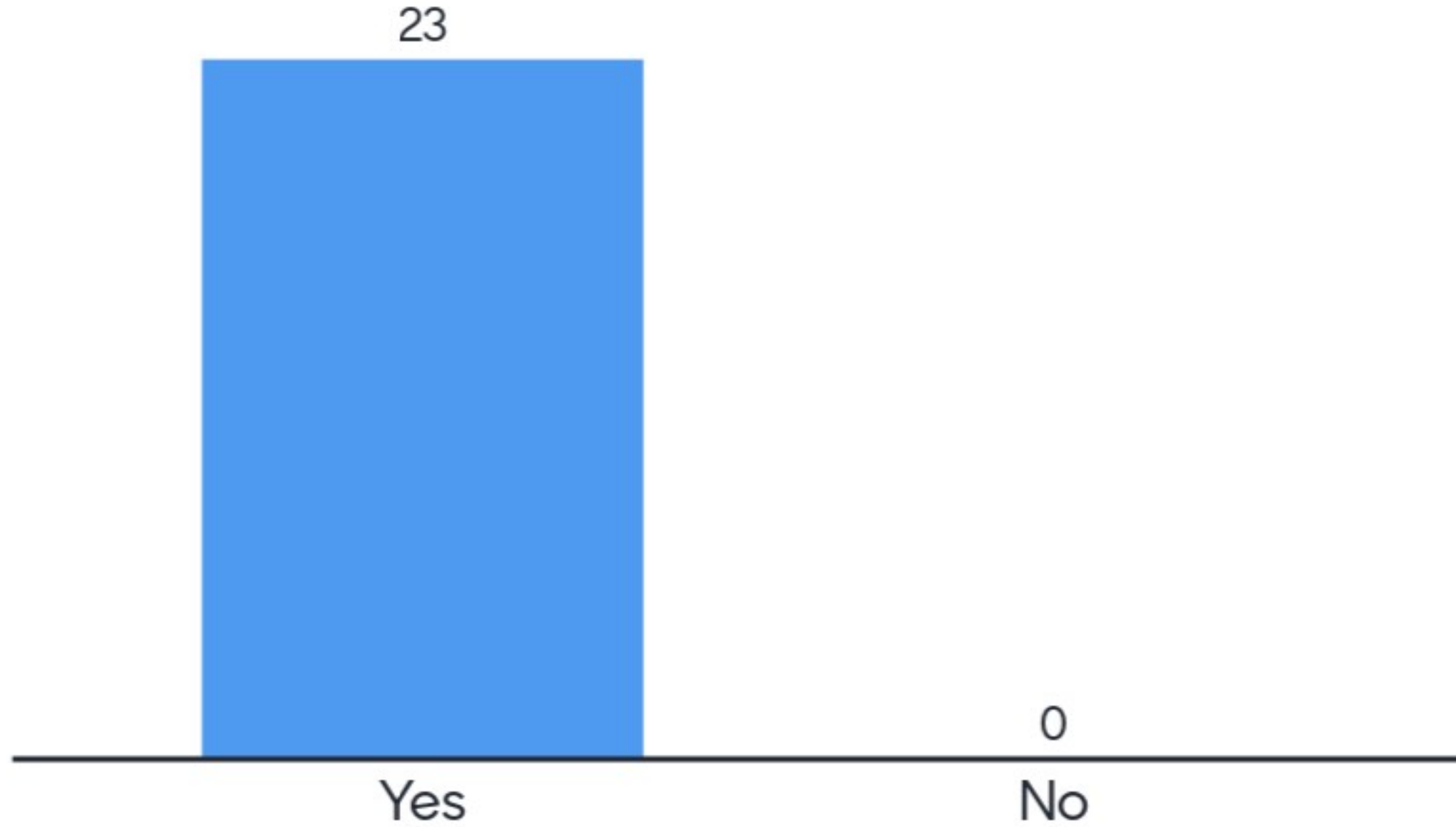
The three balloon states

Soles of the feet

3 system



# Would you recommend this episode





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