

Be Kind To Your Mind

Episode 10: A Celebration

A Petros Production

With

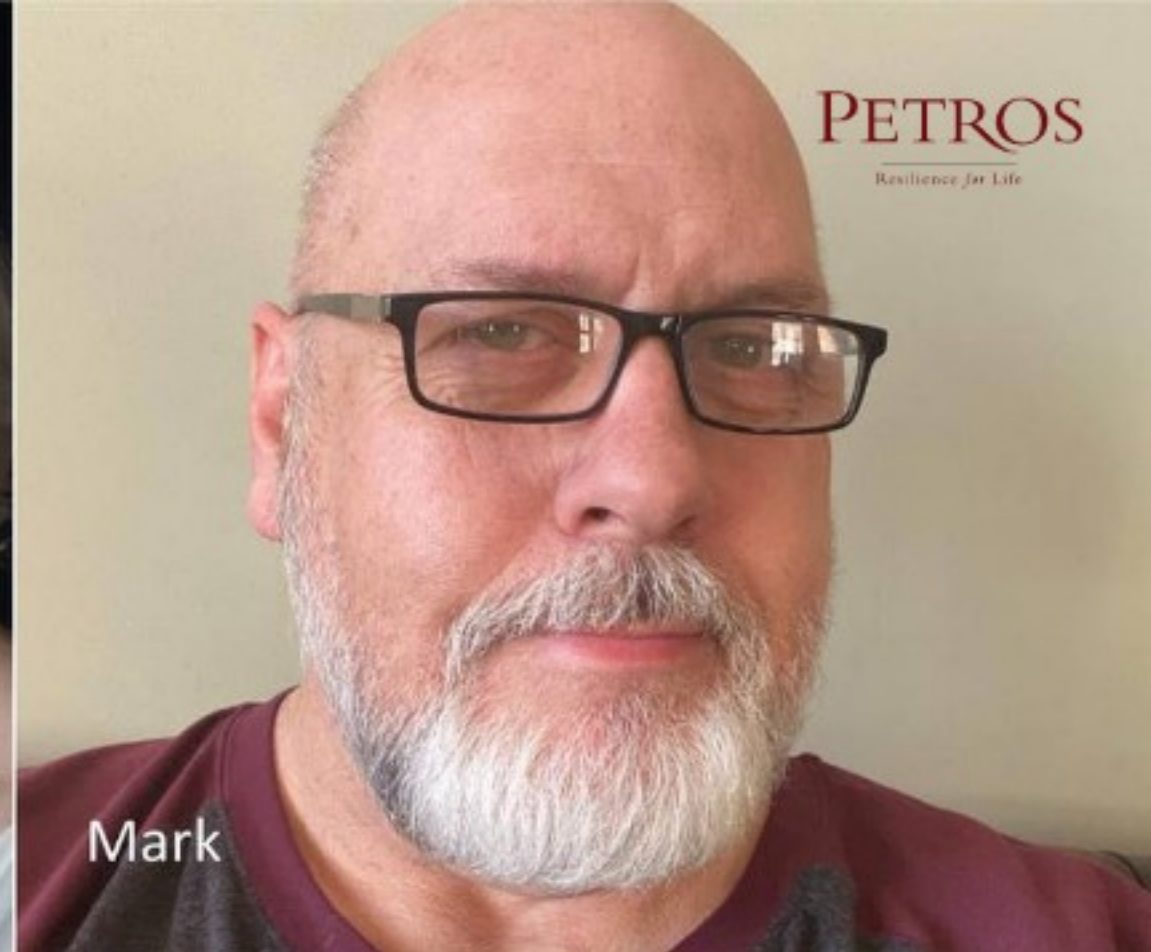
Prof Jo Clarke, Dr Maxine Daniels, Di Gammage, Ed Simpson,
Tracy Brookes and Mark Campion



Ed



Jo



Mark



Di



Maxine



Tracy

Laura





Tom

<https://www.tomlininsh.co.uk>

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 |

E1: What is resilience?

The ability to respond adaptively to whatever life throws at you!

You may wobble, but with the right skills, you don't have to fall down

“Adaptively” does not mean being a push over!





Wider society



Social network/support



Organisational factors



Life experience



Personality/habits



Pre-frontal cortex (Skills)

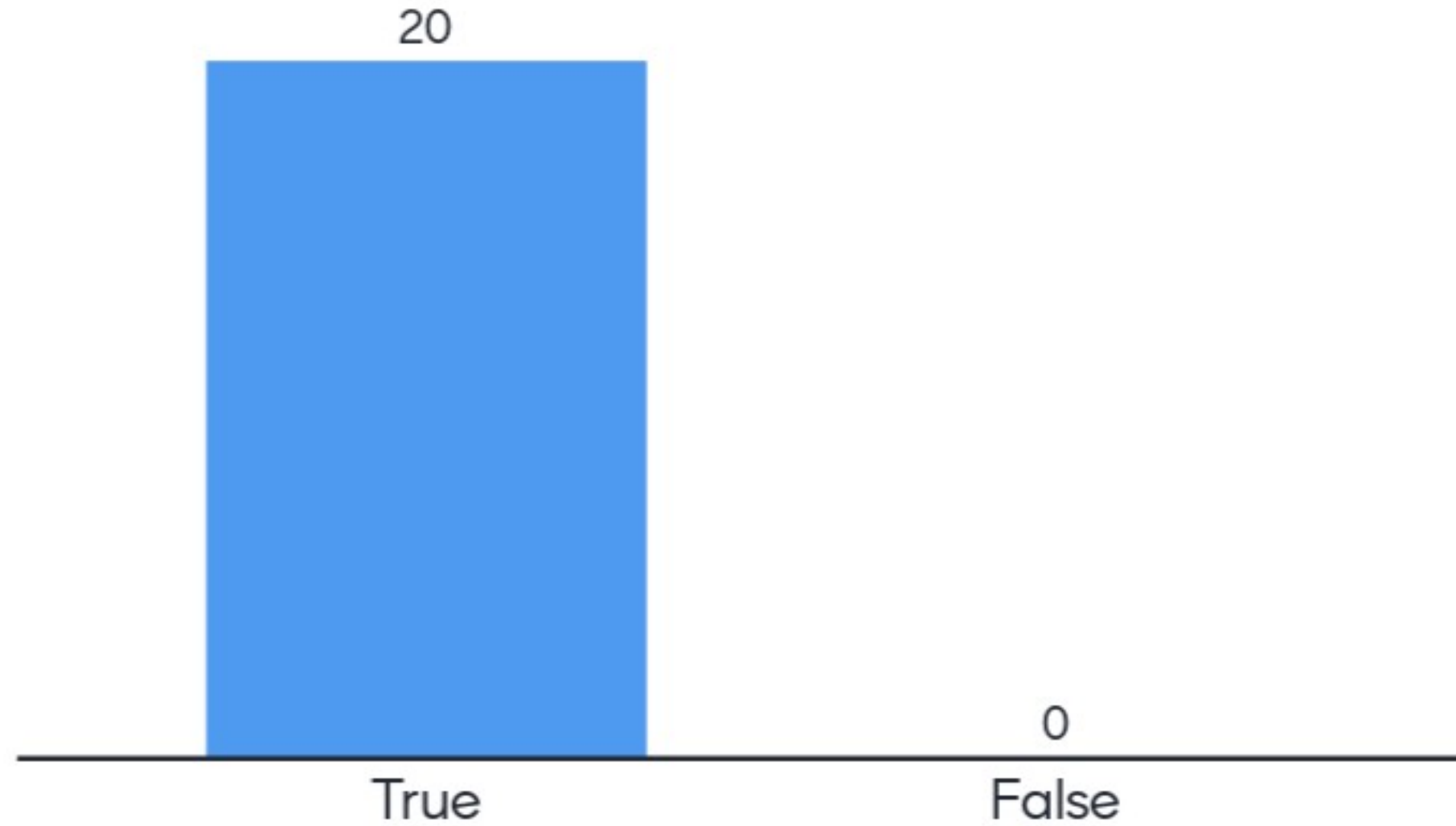


Learnt behavior/upbringing

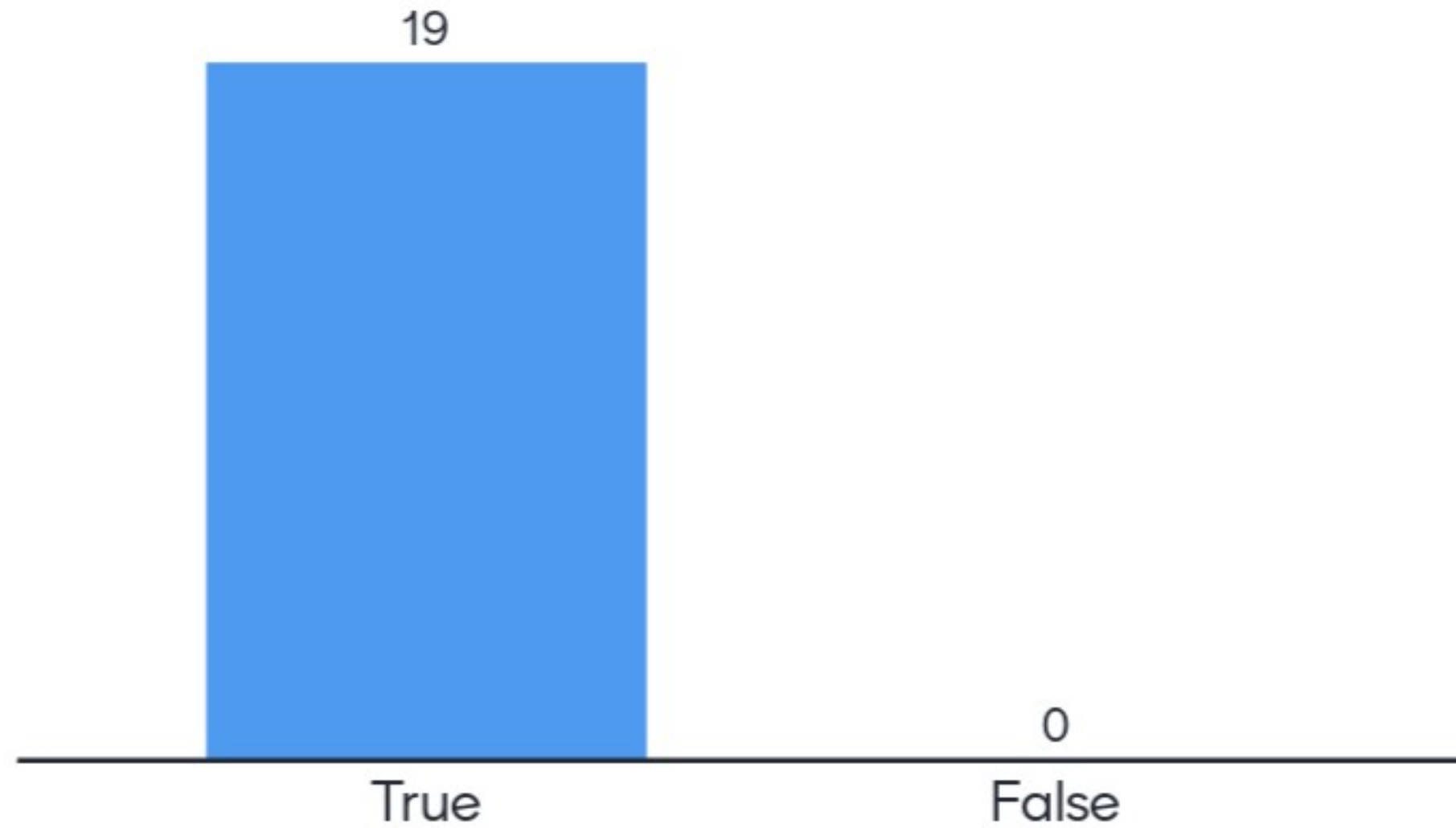


Genes/Epigenetics

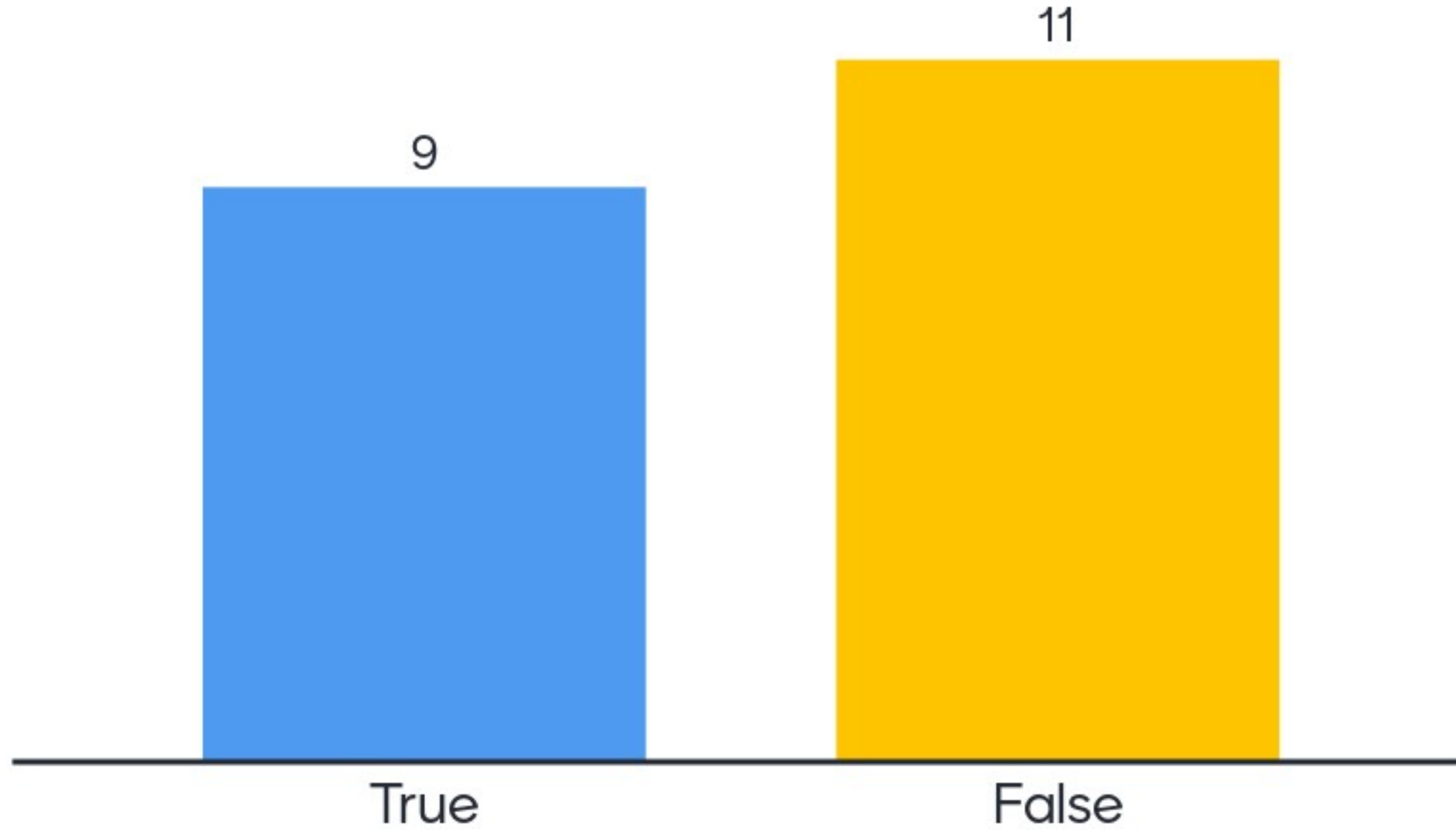
Resilience (the term) was first used in engineering?



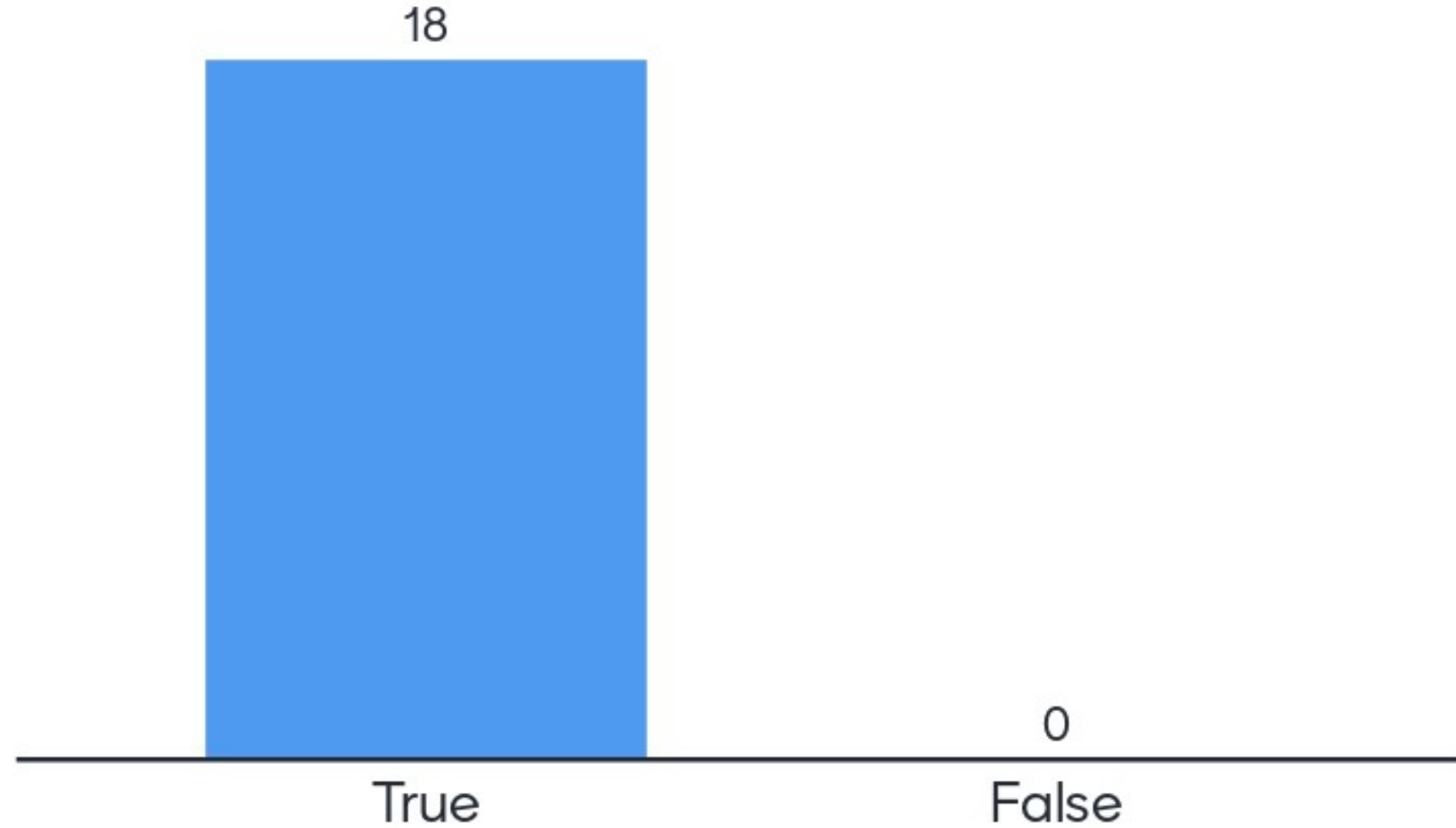
Psychologists can't agree on a psychological definition



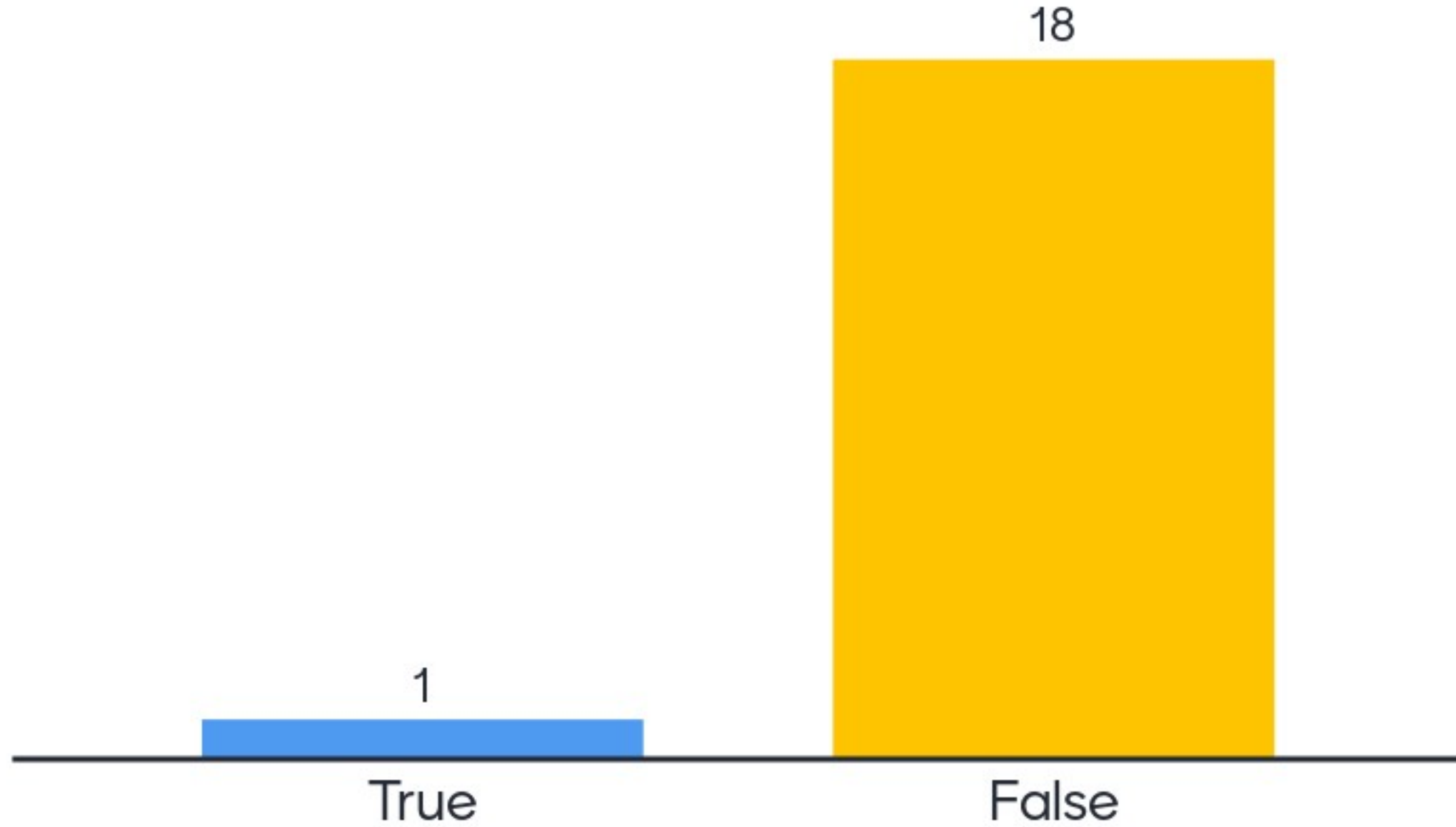
No-one is born resilient



Resilience is a combination of lots of different things including experiences and skills



You are either resilient or you're not?



E2: Your Brain and Your Mind – not the same thing

Principle

Understanding a bit about how the brain and mind work,
can help us understand why we think, feel and behave the
way that we do.

This can be particularly helpful if we're not feeling great

Frontal cortex

Thalamus

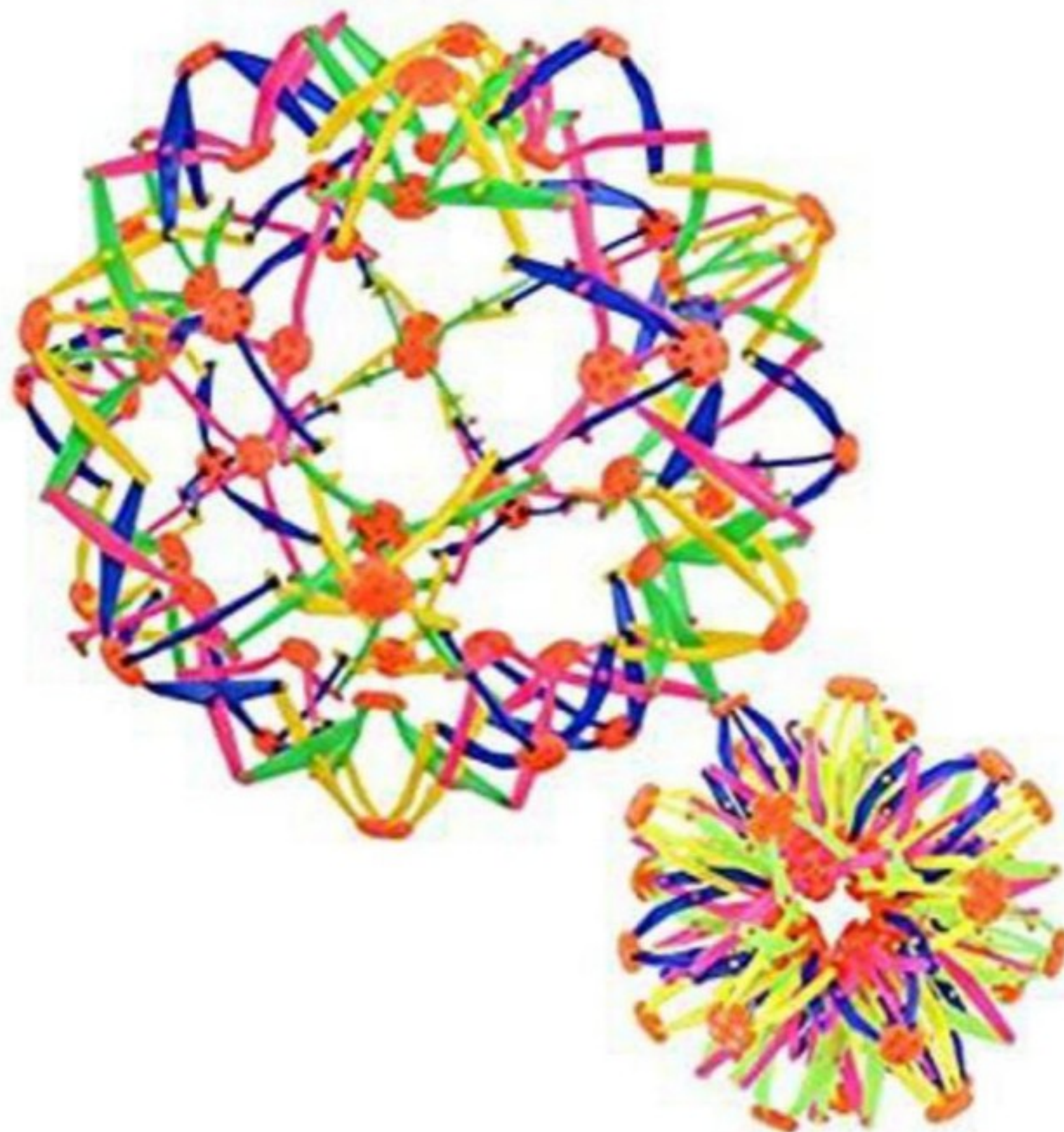
Amygdala

Hippocampus

What each bit does

(Heather Sequiera 2019)

- Pre-Frontal Cortex - **The CEO**
 - *Does all the thinking, planning, risk assessing, problem solving etc.*
- Hippocampus - **The Personal Assistant**
 - *Does all the filing and organising of incoming and past information.*
- Amygdala - **The Security guard**
 - *Protects the whole system. Not required to think.*



Any comments?

The brain reacts to what we feel in our mind.

The brain alerts us to danger

It helped understand how emotions are generated and have a more positive opinion about them now I know the role they play

Really like the different roles, CEO, PA and Security. They can talk to each other!

The way to a man's heart does not go through his stomach

This training has been a real help to understand the different brain functions and how younger children will process differently ...

It takes times for your mind to change a construct

Brought the ladder of inference to life

Brain is still to be discovered. Although we understand a lot of physical and emotional content, we do not understand complete context.



Any comments?

FRUSTRATION!!

Anger

Happiness

worries

Happiness

Chest



E3: Emotion and Intuition

Principle

In our entire careers, and probably that of many colleagues, one of the most commonly recurring problems is fear of emotion:

Worry about feeling anxious

Scared of feeling depressed

Ashamed of feeling vulnerable

Fear of feeling anger

Being fearful of our feelings is no way to live

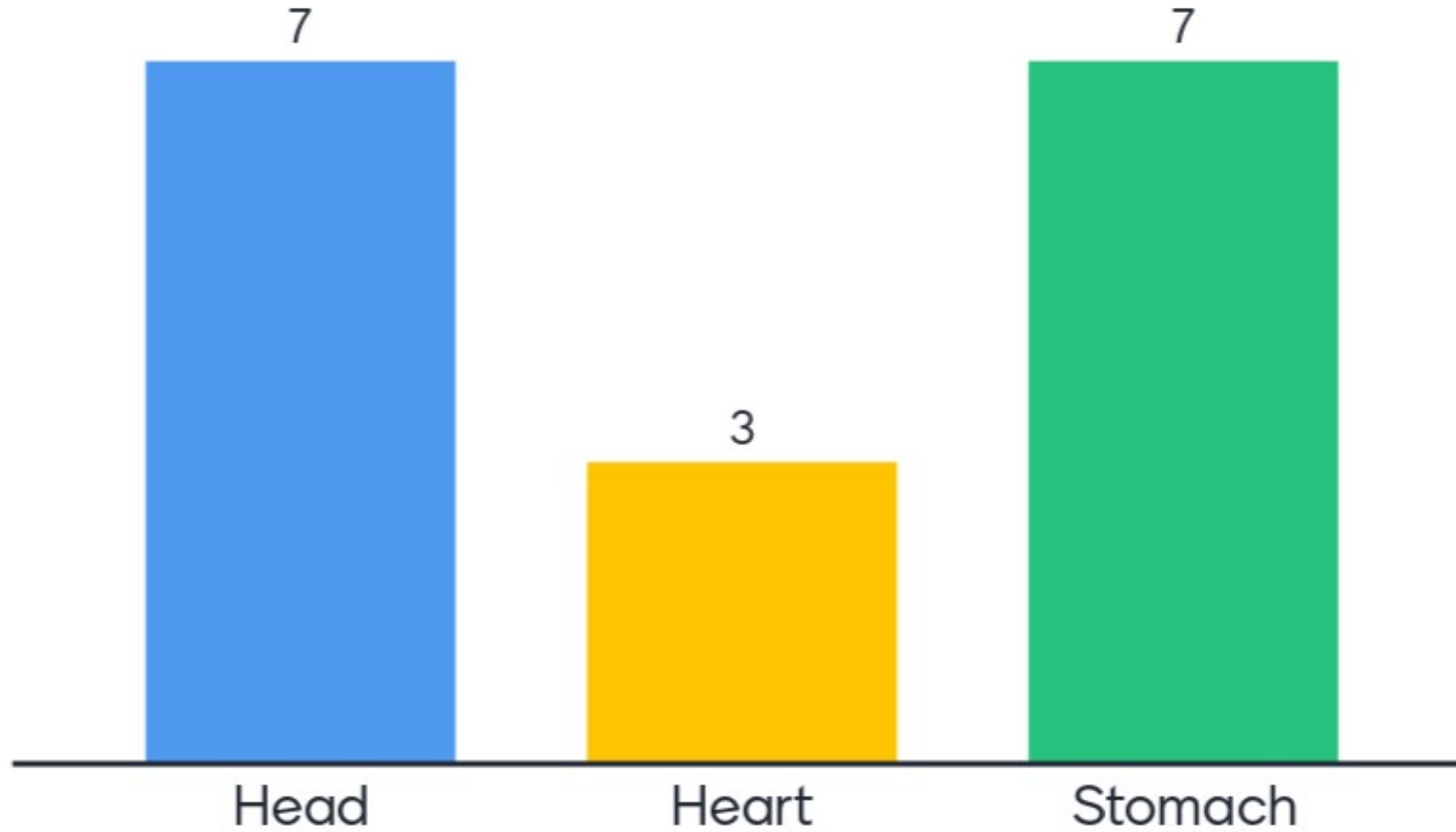
Some things to think about

- Have some fun naming your emotions
- Ask someone close what name they would give to your emotion
- Notice where in your body you feel a particular emotion
- If you have a gut feeling, see if you can “thin slice” it retrospectively

What emotions have you noticed over recent weeks?



Where did you feel it?



E4: The Physiology of Emotion

Principle

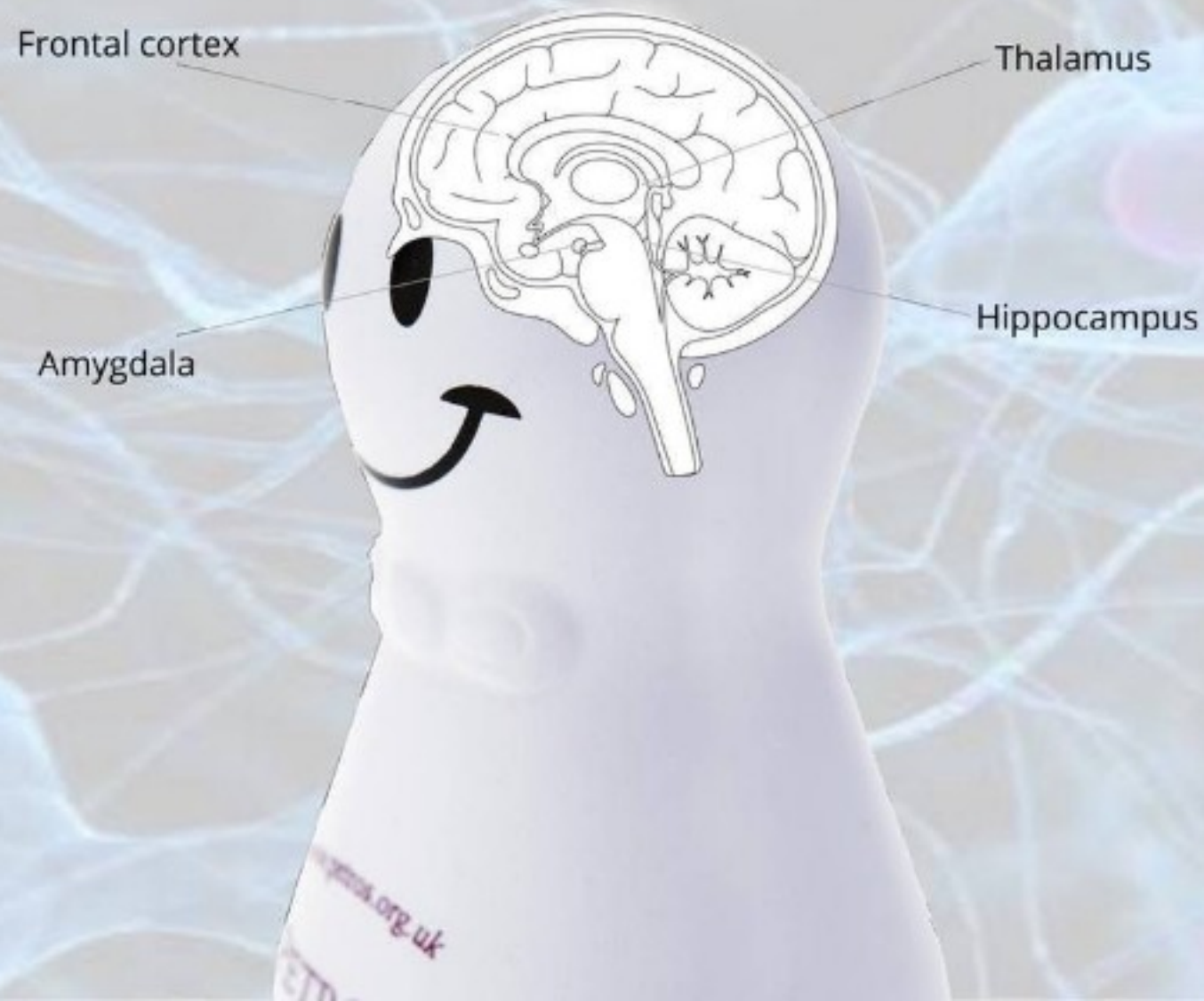
Understanding the relationship between our emotions and our brain chemistry can help us regulate both.

This week, brain chemistry; next week emotional regulation!

Today's Session

Neurotransmitters (and Hormones)

- Adrenaline (and Cortisol)
- Dopamine
- Oxytocin
- Endorphins
- Serotonin



What could you do to give yourself a shot of dopamine?

pull your shoulder back

go for a run

Do things on my to do list

Set realistic targets to meet every day

Keep focused

to find a good motive

Complete item in to-do list.

Achieve your work plan !!

finish a difficult task



What could you do to give yourself a shot of dopamine?

Please my boss!!

Get to the end of my daily to do list...hurray

Looking at nice photographs

Hot bath

Spend time with my daughter

talking to people you have not seen for so long...

Reading a good book

Using skype for the first time in your 80s



E5: Emotional Regulation

Principle

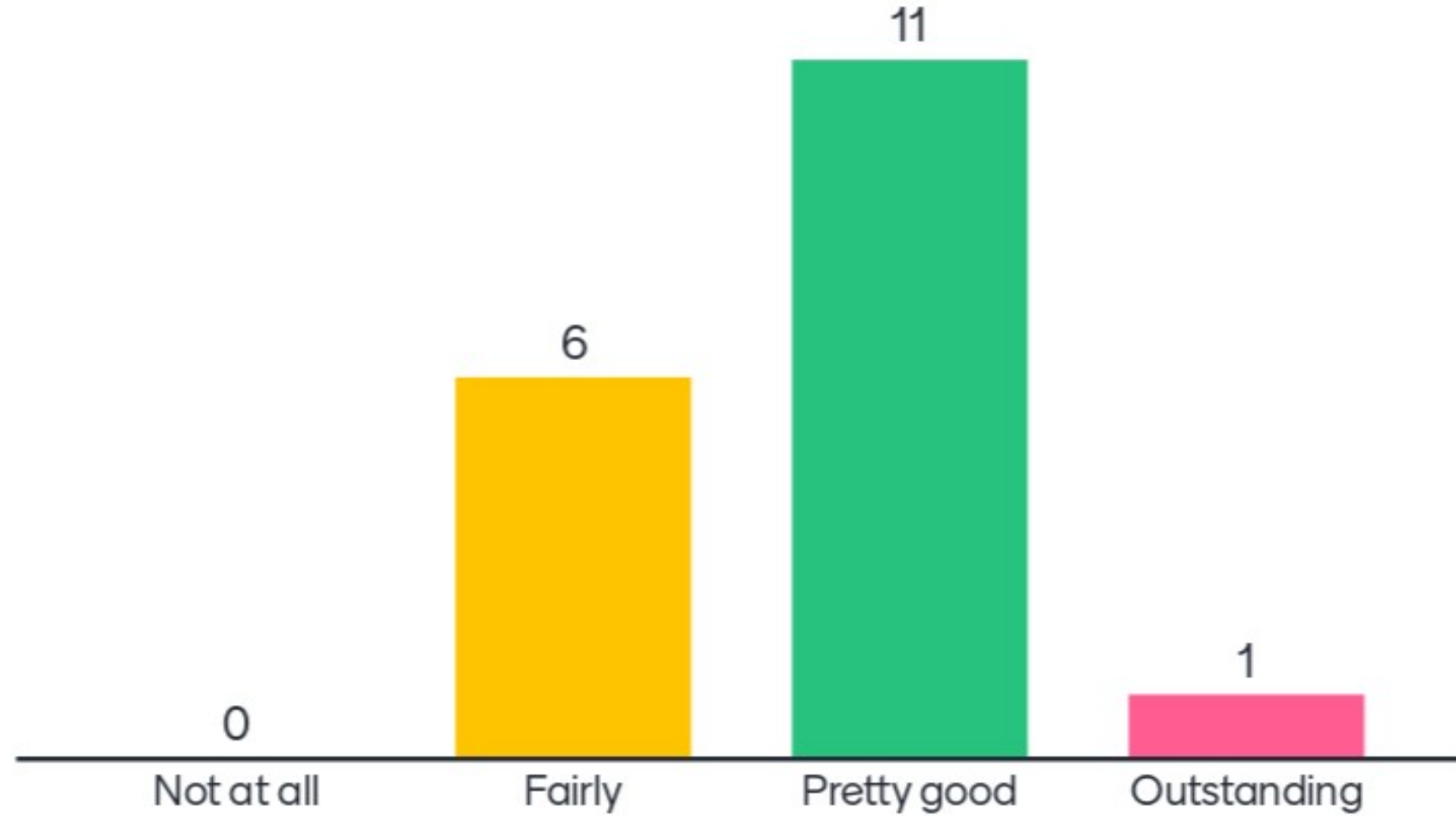
Emotions are totally natural although
sometimes disconcerting!

Understanding our emotions, being curious
about them and learning how to regulate
them can lead to a much more fulfilling life.





Compared with before BKTYM, how successful have you been in regulating your emotions?



What's got in the way (if anything)?

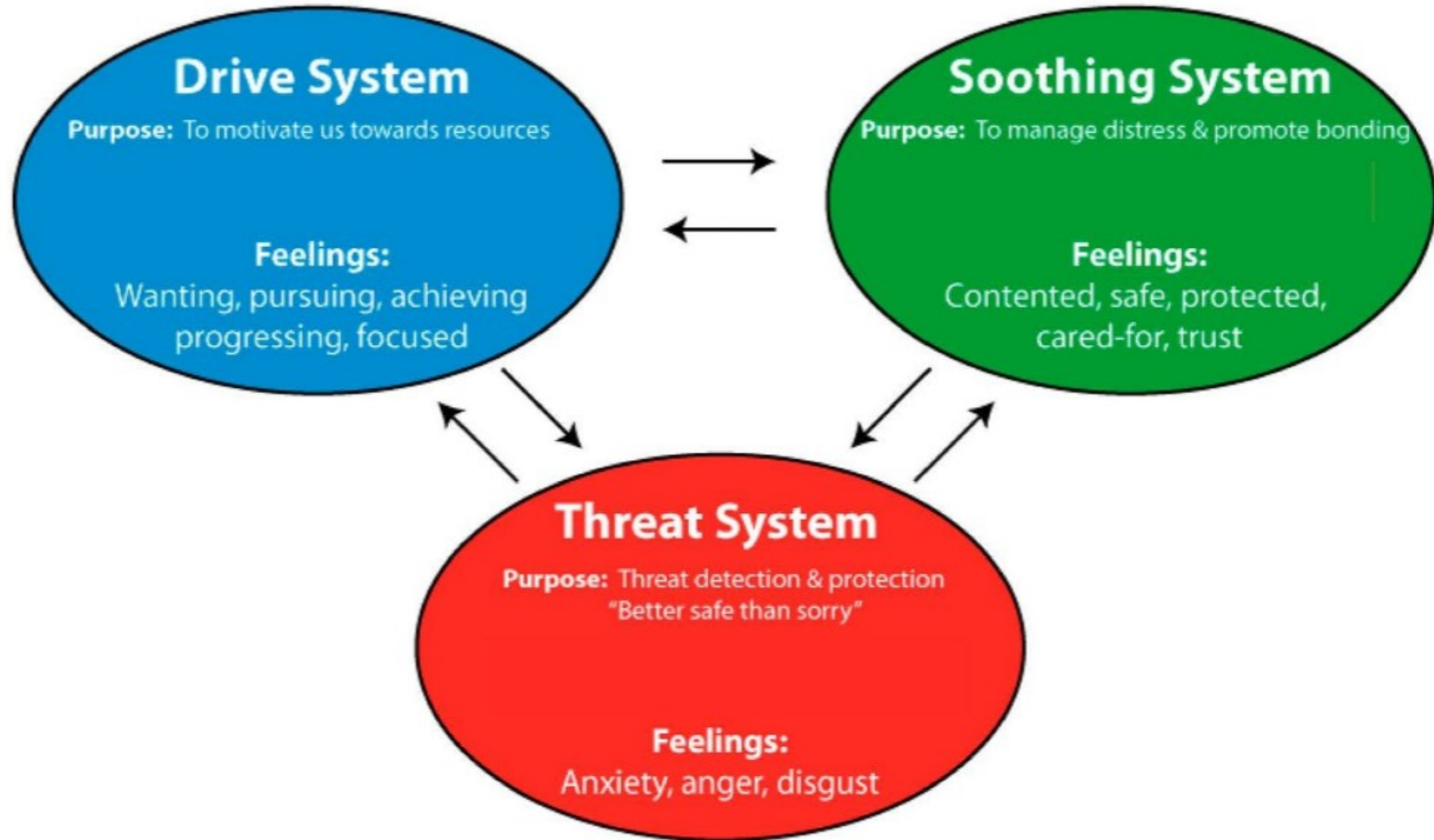


E6: Compassion and Mindfulness

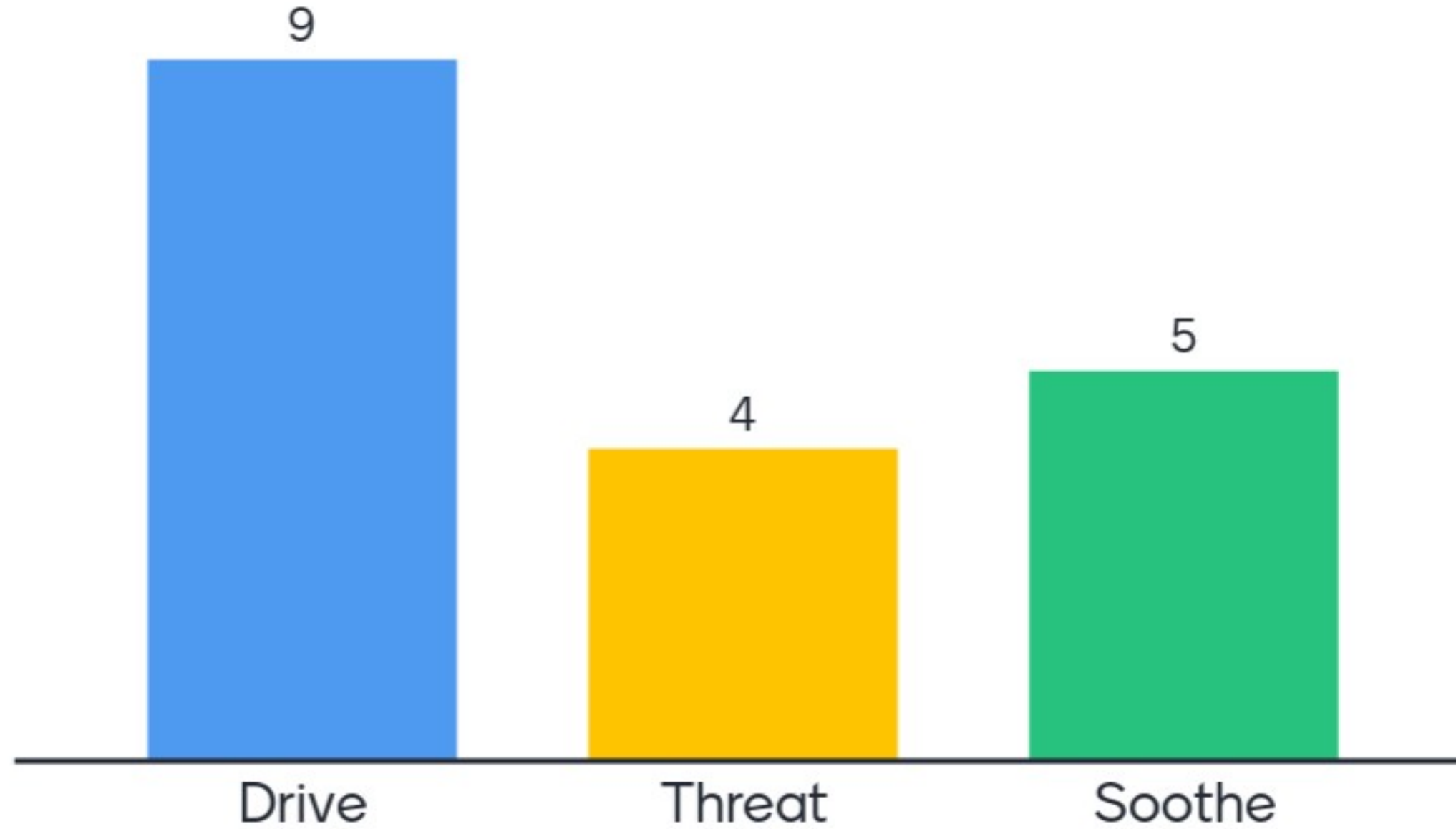
“A person who thinks all the time has nothing to think about except thoughts, so they lose touch with reality and live in a word of illusions”

Adapted from.. Alan Watts

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



Which system have you noticed most?



E7: The Four Sights

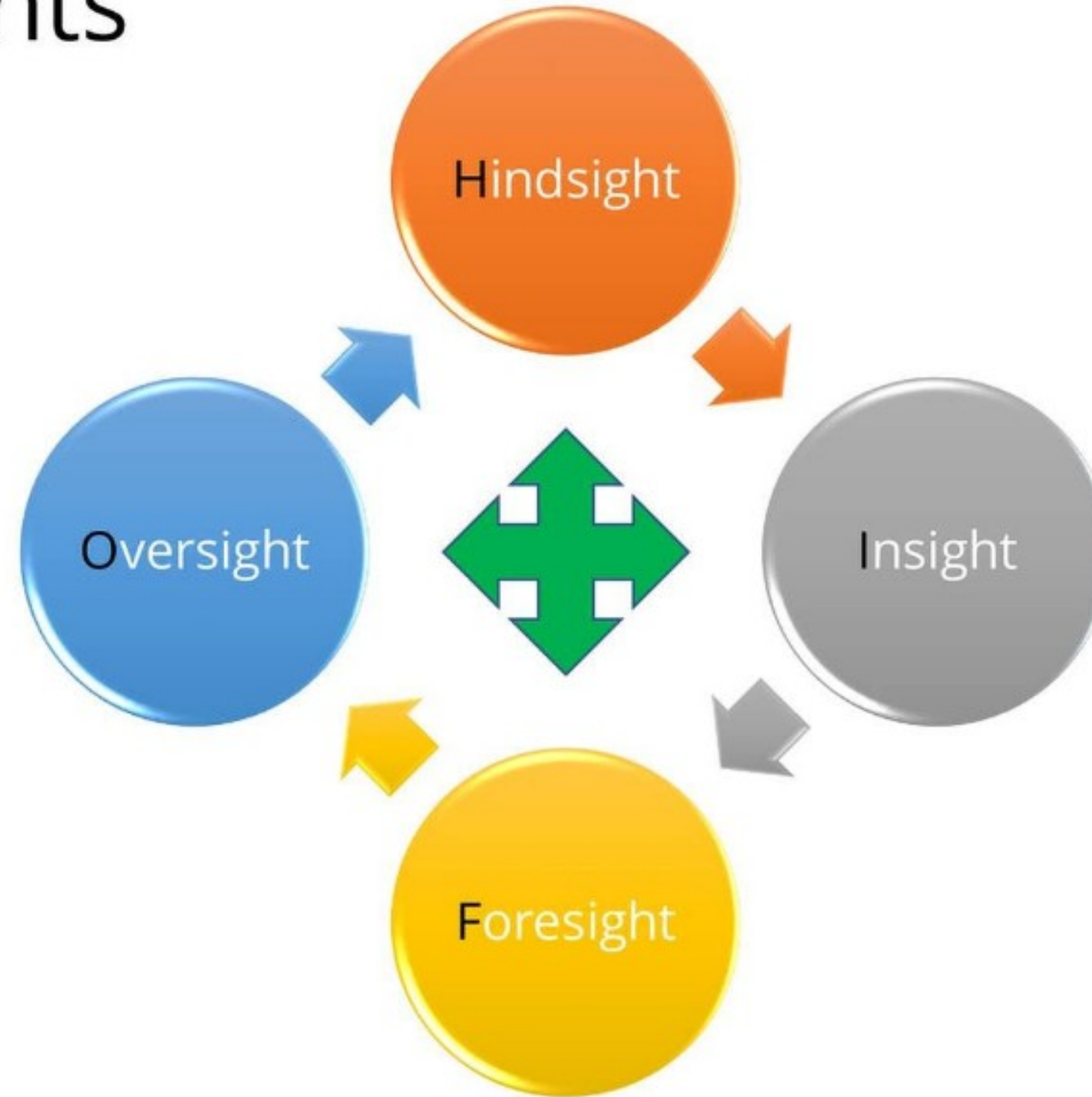
Principle

Much of what we “see” isn’t in our visual field, it’s in our mind, in the form of thoughts, feelings and narrative

We can maximise our chances of being kind to our minds if we can really make use of our “mind’s eye”

The one that gives us Hindsight, Insight, Foresight and Oversight

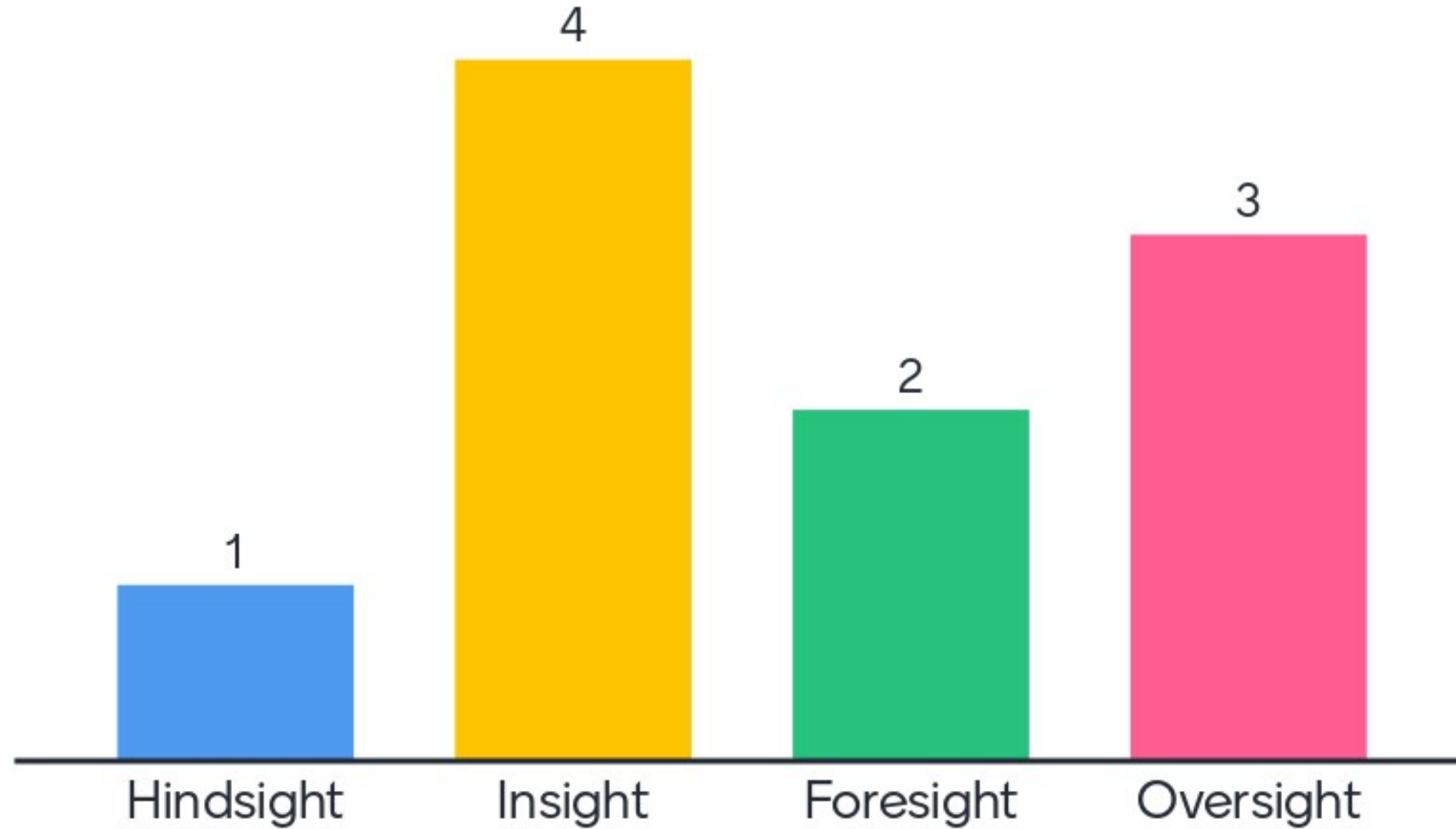
The Four Sights Circle



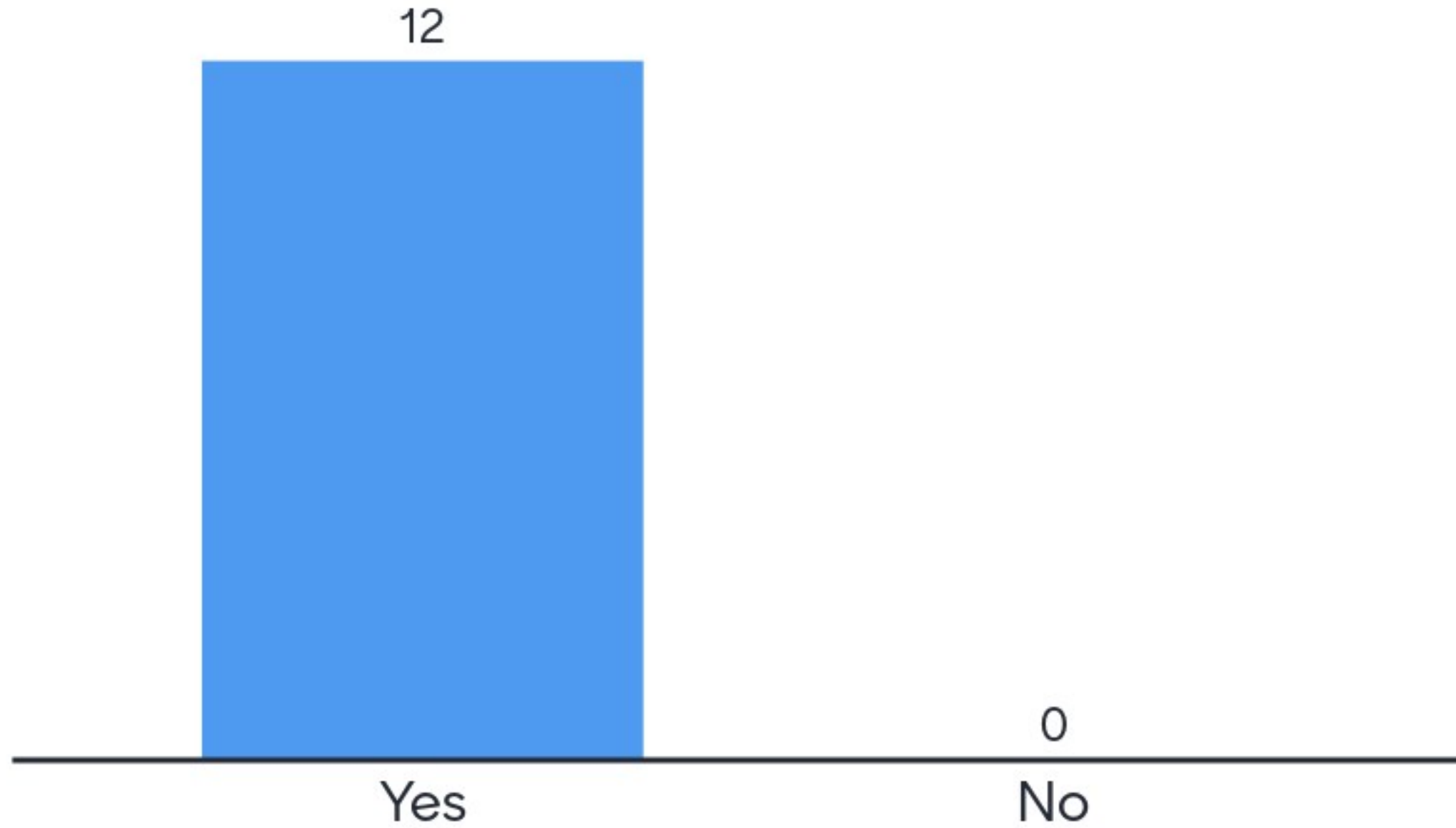
The
HIFO
Model

Completely made up!

Which sight have you practiced most?



Has it helped?



E8: Cognitive Skills

Principle

Cognitive (thinking) skills are needed to respond
“adaptively” to whatever life throws at us

Responding adaptively when we are under pressure
is what resilience really is

A



B



C



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D



E



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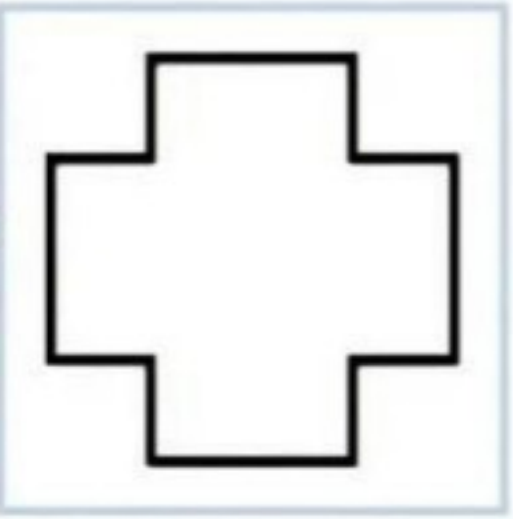
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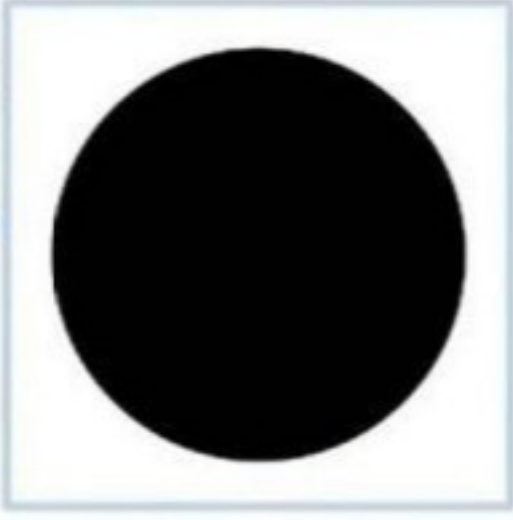


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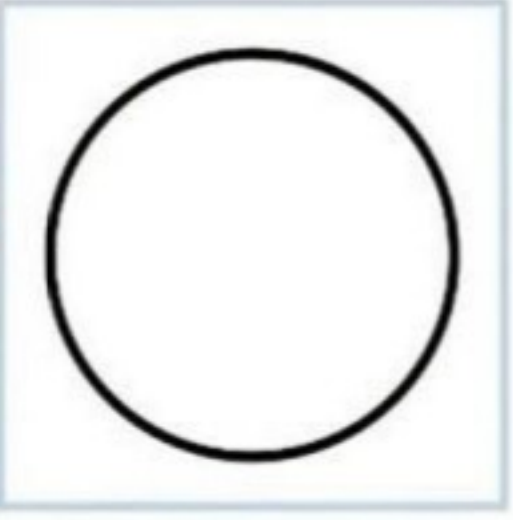
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What skills did you use to complete the puzzle?

language observation
spatial
focus
patterning
remembering noughts and c
perspective taking
problem solving
attention focus
pattern recognition
consequential thinking
understand yourself
love to geometry
accept yourself
analytical focus
memory
math
concentration
critical thinking
crosses games played
analytical skills



E9: Parent's special

Principle

Parenting is one of the toughest jobs in the world & no one is taught how to do it!

'Being a parent is like folding a fitted sheet...no one really knows how to'

Children are not taught how to be resilient.

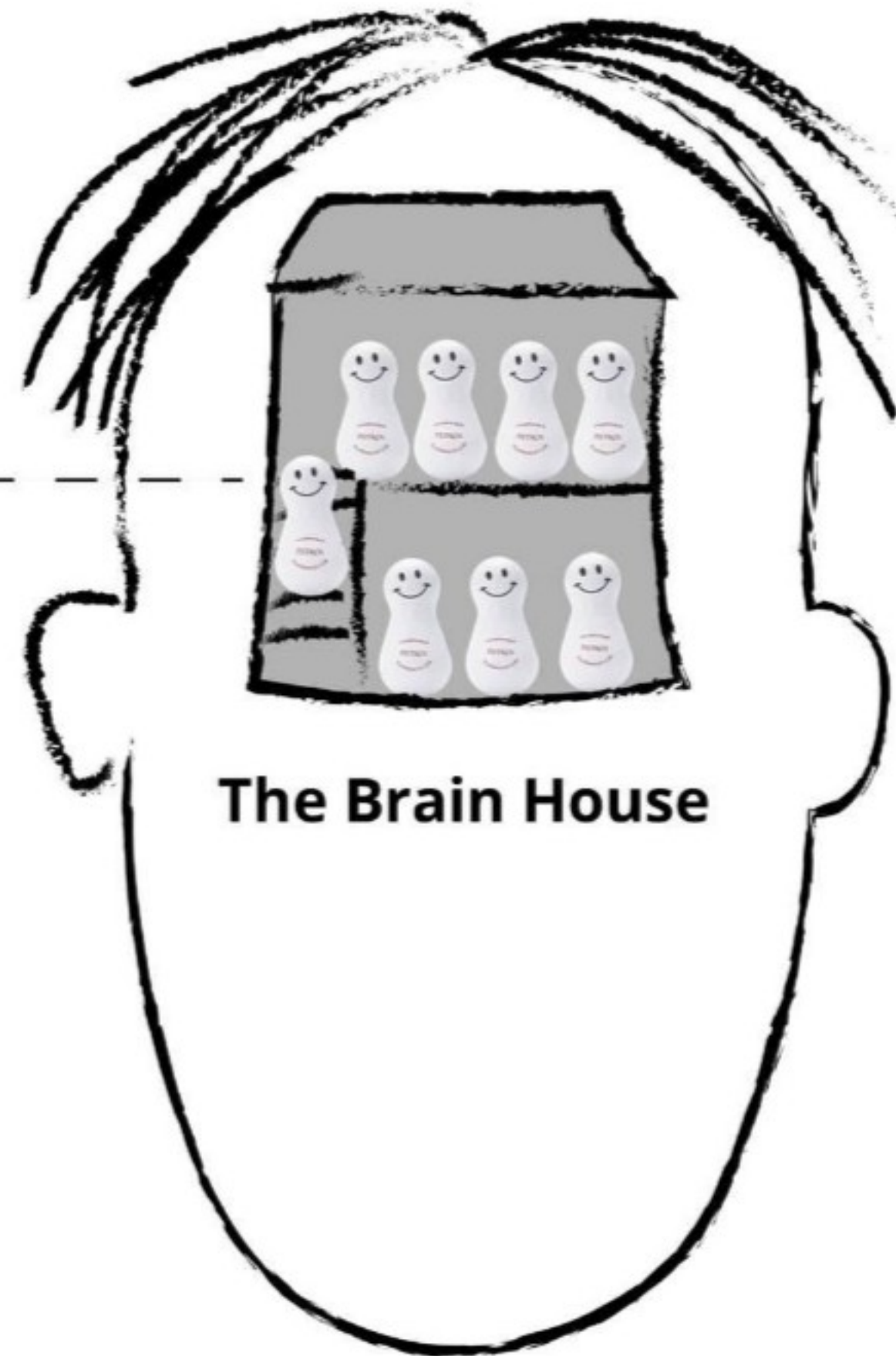
Fortunately they can learn!

Cortex: Thinking brain – upstairs

- Thought
- Speech
- Memory
- Complex motor action
- Executive function

Limbic system: Feeling brain – Downstairs

- Thalamus – filters signals
- Amygdala – identifies how the body needs to respond and sends the signal to the hypothalamus
- Hypothalamus – sends signals to the adrenal glands



If you could send one message to your younger self, what would it be?

Don't worry

Don't sweat the small stuff

Be calm

Don't be afraid to jump

Don't over react ! ...

Nothing is permanent

Chill out!

it is ok to feel emotions

Keep your mind open



If you could send one message to your younger self, what would it be?

Don't be so critical of yourself

Life is full of surprises. Do not take things for granted

Don't care so much about people's opinion of you

Don't sweat the small stuff

Practise Buddhism!



Any questions?

1 questions
1 upvotes



Final comments for us to develop BKTYM

It's been really interesting and interactive. A bit too abstract though







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