



Bringing compassion to our experiences of working in healthcare

Session Two

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Acknowledgements: Paul Gilbert (many of these slides are his!)



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Session One Recap

- Why we need compassion
- Definition of compassion (two parts)
- Humans experience a range of evolved motivations – compassion is one
- A mind that doesn't know itself can be dangerous
- We all just find ourselves here
- We are social shaped
- We have tricky brains
- We have two types of nervous system
- Soothing rhythm breathing can help stimulate our rest and digest nervous system

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Session Two



- Role of mindfulness in compassion
- Different types of emotion
- Impact of covid
- The flows of compassion
- Practice compassion to ourselves

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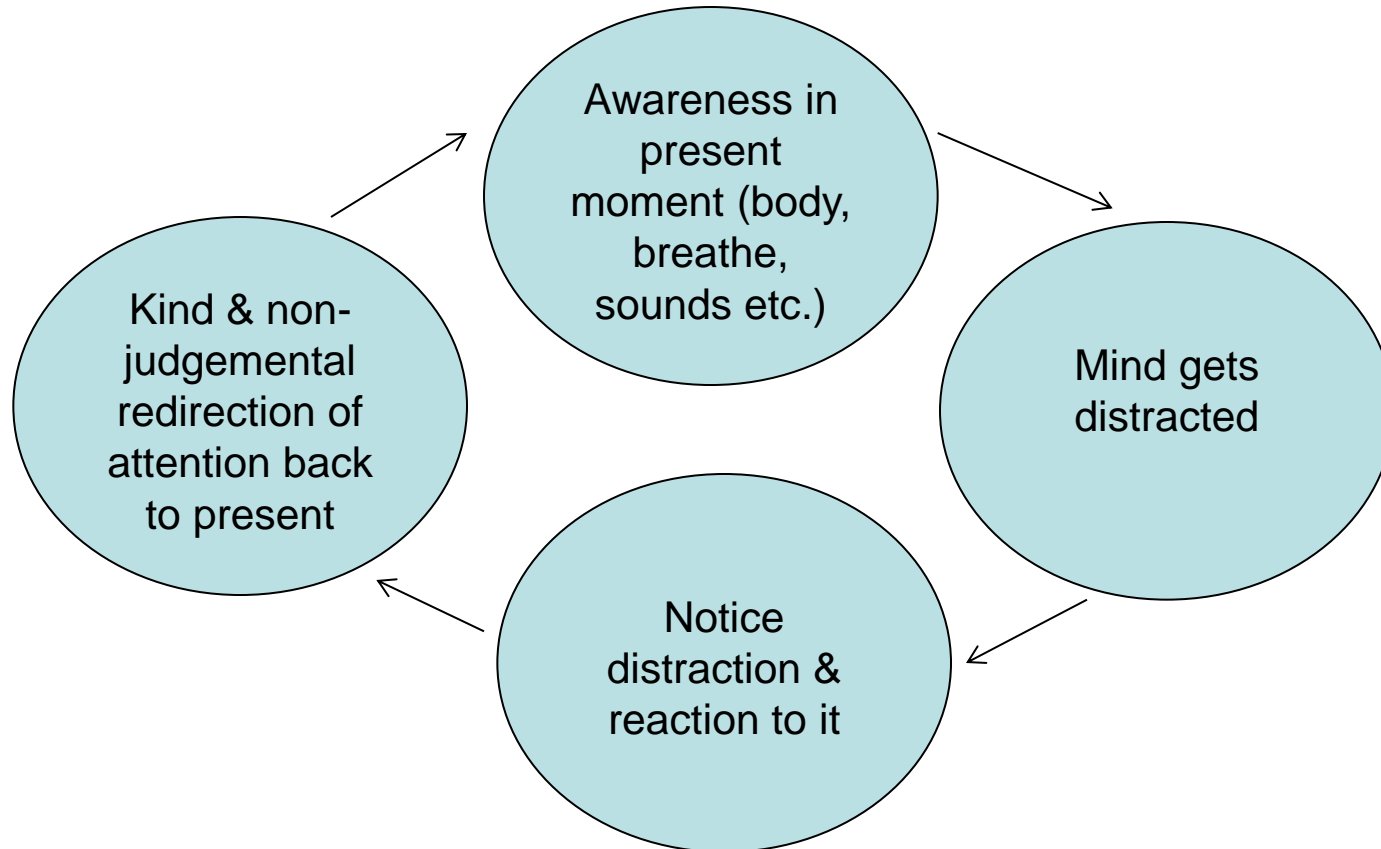
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Cycle of Mindfulness

Tees, Esk and Wear Valleys



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The Three Circles



The Three Circles

Tees, Esk and Wear Valleys



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Threat System

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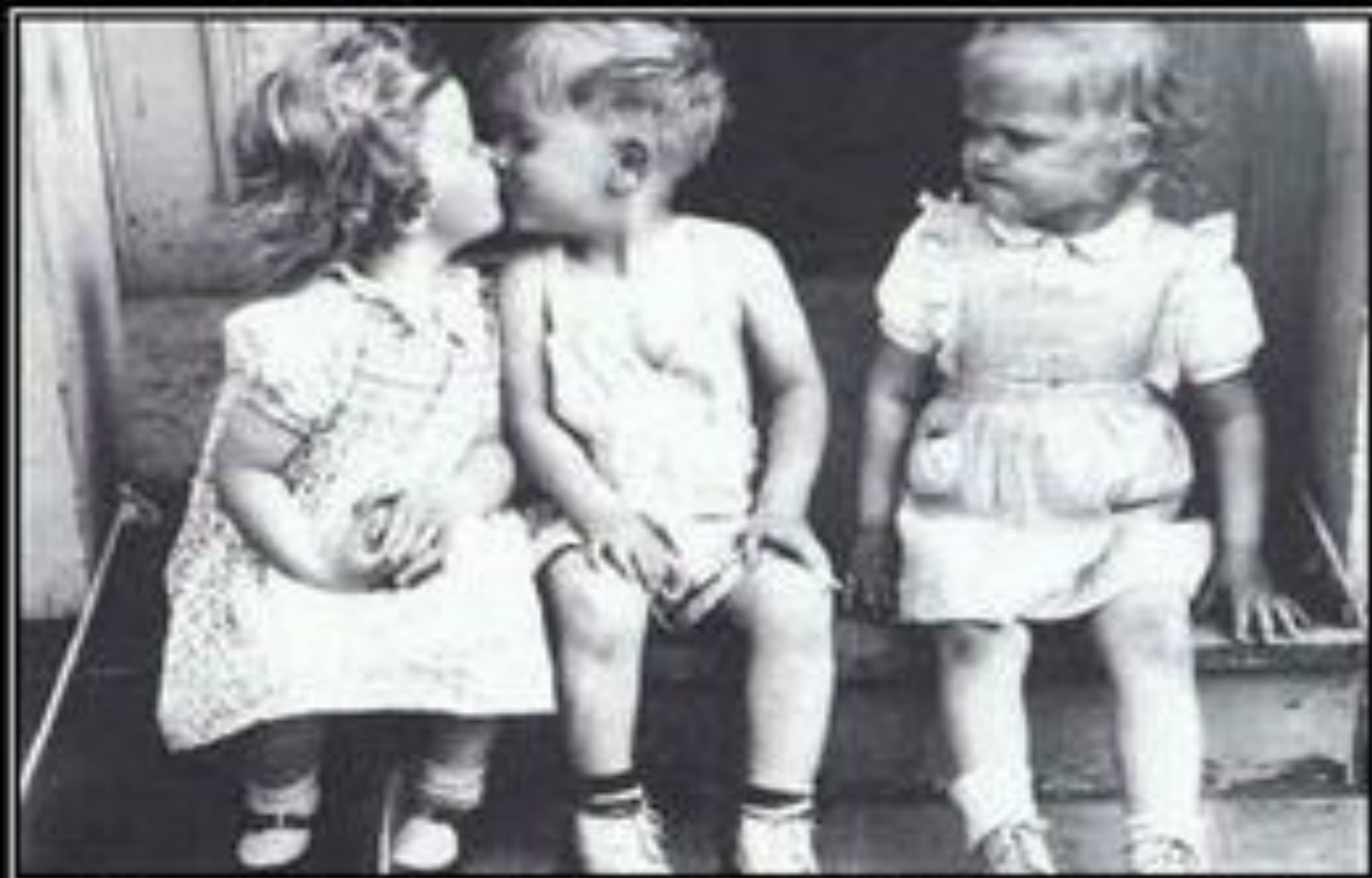
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REJECTION

It starts from an early age. Get used to it!

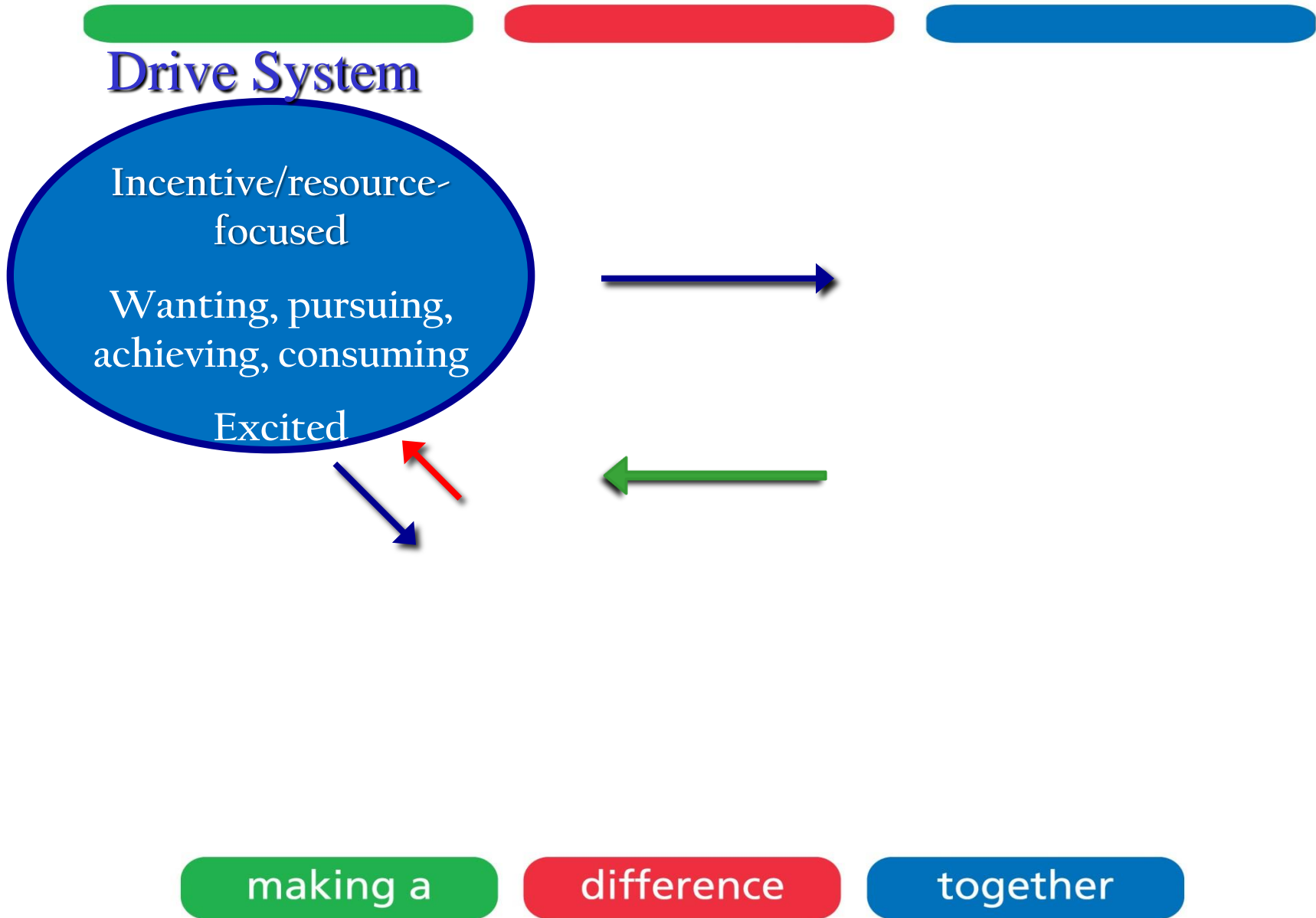


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The Three Circles





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The Three Circles



Soothing System



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Three Circles & Covid?



Space/energy for learning?
Threat-based striving

PPE impact
Isolation/distancing
Usual soothing activities?
How do we SAFELY relate

Fear of illness
Loss of loved ones
Increased demands
Balancing life/work
Money worries
Vaccine impact

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The Flow of Compassion

- Compassion for others
- Compassion for self
- Receiving compassion from others

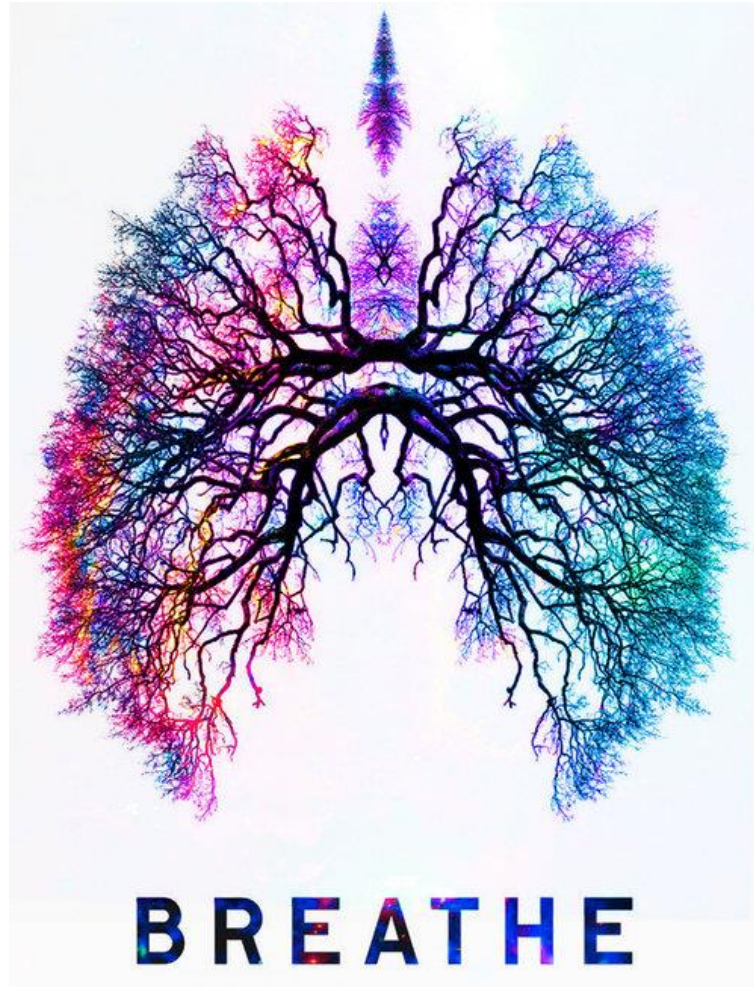
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