

Slide 1

Wellbeing & Recovery College

Midlands Partnership NHS Foundation Trust

# How Compassion Can Change Your Brain

## Day Two -

Welcome back!

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Slide 2

### Group Expectations

- Respect for each others experiences and opinions
- Give space for each other to talk
- Keep our phones on silent (But more than welcome to nip out to take a call if need be)
- Invitation to participate
- Confidentiality: what's said in the room stays in the room
- Keeping a learning focus
- Listen to each other

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Slide 3

### Aims of the course

- To understand the definition of compassion as an aid to wellbeing
- To understand the evolutionary history of human behaviour and how this can cause us difficulties in the modern world
- To learn practical exercises to bring compassion into your everyday life and aim to mitigate those difficulties

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Slide 4

**Aims of today's session**

- ▶ To introduce the concept of 'Neuroplasticity'
- ▶ To discuss 'The Parable of the Two Wolves' and how it's relevant to our lives
- ▶ To re-visit the three Emotional Regulator Systems
- ▶ To understand how nature gives us some tendencies, but our Life Experiences can strengthen or diminish those tendencies.

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Slide 5

**How did your home practice go?**

- ▶ Do you have any questions or comments relating to last week?
- ▶ Acts of Kindness: Did anyone notice any acts of kindness, either given or received?
- ▶ Given the discussion we had last week about how we can struggle to be kind to ourselves, did anyone try acts of self-kindness?

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Slide 6

**What is Neuroplasticity?**

▶ <https://www.youtube.com/watch?v=ELpFYCZa87g>



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Slide 7

The Parable Of The Two Wolves

▶ <https://www.youtube.com/watch?v=vzKryaN44ss>



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Slide 8

Physiological/Biological effects

- ▶ Feeding one wolf or the other can have actual tangible effects on our well being
- ▶ A study by Atkinson & McCraty showed the effect that anger has on the immune system:
- ▶ By measuring a substance called Secretory Immunoglobulin A (s-Ig-A)...
- ▶ Anger imagery was shown to decrease this, while compassionate imagery increases it.

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Slide 9

5 MINUTE COMFORT BREAK



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Slide 10



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Slide 11

### Three Emotion Systems

- ▶ **Resource Seeking System**
- ▶ **Threat Protection System**
- ▶ **Soothing / Contentment System**

▶ Developed through evolution as a response to our circumstances.

(Gilbert, 2009)

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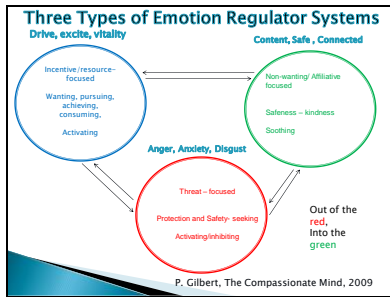
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Slide 12



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Slide 13



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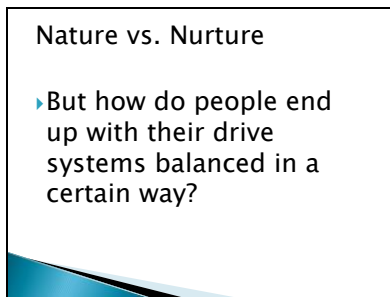
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Slide 14



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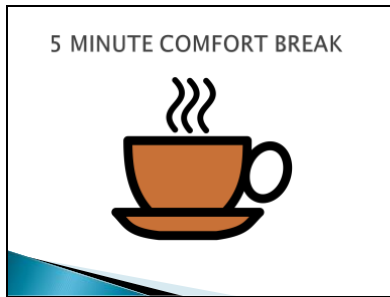
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Slide 15



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Slide 16

Emotion Systems Exercise

Put each *behaviour* card under the *drive system* card that you think it best relates to...

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Slide 17

A Compassionate Other  
(Home practice)



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Slide 18

Compassionate Other exercise



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Slide 19



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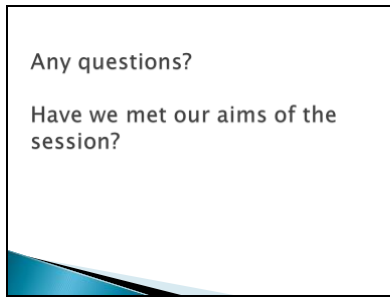
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Slide 20



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