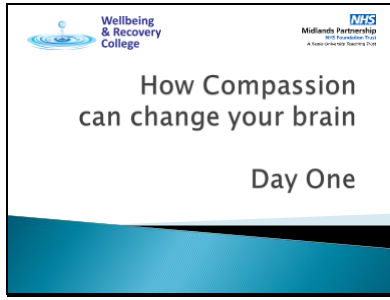
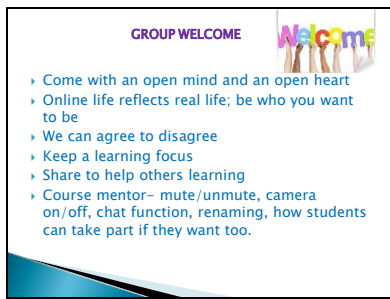


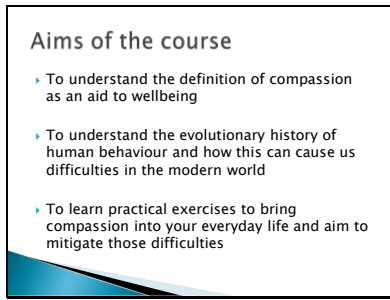
Slide 1



Slide 2



Slide 3



Slide 4

Aims of today's session

- ▶ To define the word 'Compassion'
- ▶ To investigate the impact that evolution has had on the human brain
- ▶ To introduce the three different emotion regulator systems
- ▶ To look at the emotional and physical effect that imagery can have

Slide 5

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

Slide 6

Kindness exercise – Get into pairs

- ▶ Think of one example when you have been kind to somebody
- ▶ Think of one example when somebody has been kind to you
- ▶ How did this make you feel?

Slide 7

What is compassion?

- ▶ **Compassion is not** - weakness, pity, self indulgence, letting oneself (or others) off the hook or selfishness
- ▶ **Compassion is** - the ability to move towards our own and other people's difficulties in life. This often takes strength and the ability to tolerate the distress that this might bring

Chris Irons, July 2017

Slide 8



Compassion begins with a reality check >>

We are a product of our evolution - we did not make a conscious decision to be the way we are.
Chris Irons, July 2017

Slide 9

Evolution of the Human Mind

- ▶ <https://www.youtube.com/watch?v=kv6HkipQcFA>



Slide 10

EVOLUTION

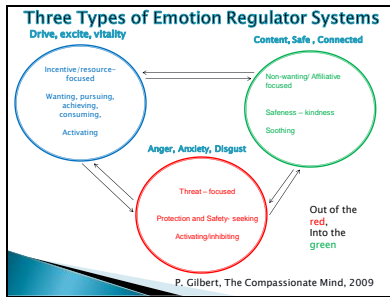
- ▶ The way we think in the modern world was shaped by the need to survive in the primitive world.
- ▶ When humans first emerged as a species their major concern was finding enough food, avoiding dangerous beasts and surviving adverse weather conditions.
- ▶ In the modern world these are less important because of all the modern comforts we have.
- ▶ All the drives and instincts that come from the primitive world are still with us.

Slide 11

5 MINUTE COMFORT BREAK



Slide 12



Slide 13

Emotion Regulator Systems and You

- ▶ Threat Protection System: What types of threats do we perceive in the modern world?
- ▶ Resource Seeking System: What resources do we spend time seeking now?
- ▶ Soothing/Contentment System – How do we find peacefulness and contentment in modern society?

Slide 14

How our thoughts and images affect our brains
Adapted from P. Gilbert, 2010

The diagram shows a lateral view of the human brain with the limbic system highlighted. Arrows point from various stimuli to the limbic system, which then leads to specific emotional states:

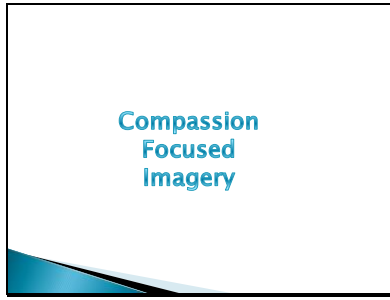
- Bully - Threat** and **Meal** (twice) point to the limbic system, leading to **Fearful, Depressed**.
- Stomach acid, saliva** points to the limbic system, leading to **Arousal**.
- Sexual** and **Sex** point to the limbic system, leading to **Arousal**.
- Kind, warm and caring** and **Compassion** point to the limbic system, leading to **Soothed and Safe**.

Slide 15

5 MINUTE COMFORT BREAK

A simple illustration of a brown coffee cup with a handle, sitting on a matching saucer. Three wavy lines above the cup represent steam, indicating it is hot.

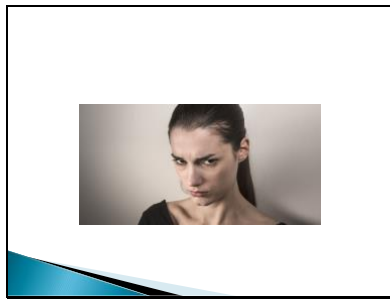
Slide 16



Slide 17



Slide 18



Slide 19



Slide 20



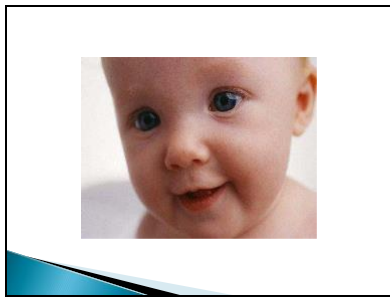
Slide 21



Slide 22



Slide 23




Slide 24



Slide 25

Between session task

- ▶ Start to notice any acts of kindness that you give or receive; note down if you can, how these made you feel
- ▶ Look for any images that make you feel more soothed or compassionate so that you can practice compassion using these
- ▶ To continue practicing the mindful breathing game



Slide 26

Any questions?

Have we met our aims of the session?

