



Wellbeing
& Recovery
College



Midlands Partnership
NHS Foundation Trust
A Keele University Teaching Trust

Developing Compassion for Wellbeing Day Two -

Welcome back!

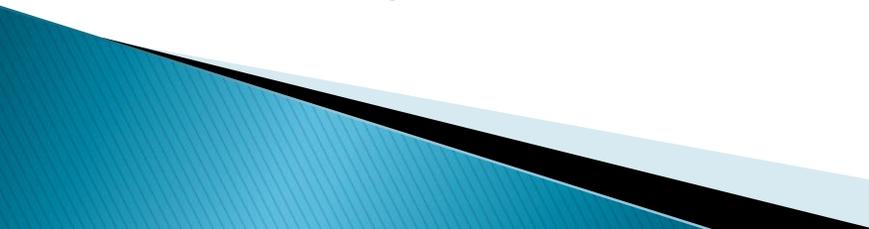
Group Expectations

- 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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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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Aims of today's session

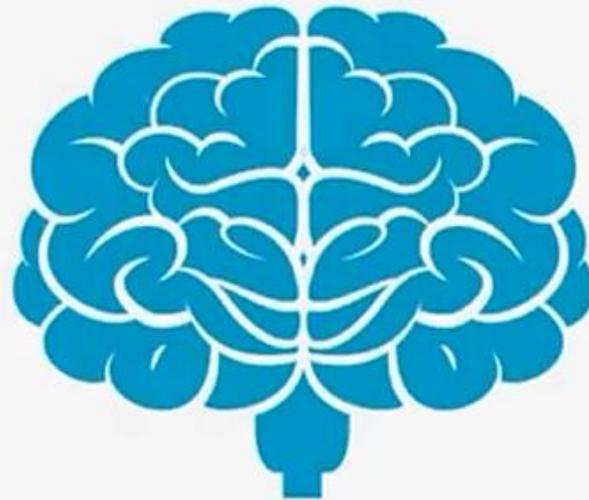
- ▶ To introduce the concept of 'Neuroplasticity'
 - ▶ To discuss 'The Parable of the Two Wolves' and how it's relevant to our lives
 - ▶ To re-visit the three Emotional Regulator Systems
 - ▶ To understand how nature gives us some tendencies, but our Life Experiences can strengthen or diminish those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

- ▶ <https://www.youtube.com/watch?v=ELpfY CZ a87g>



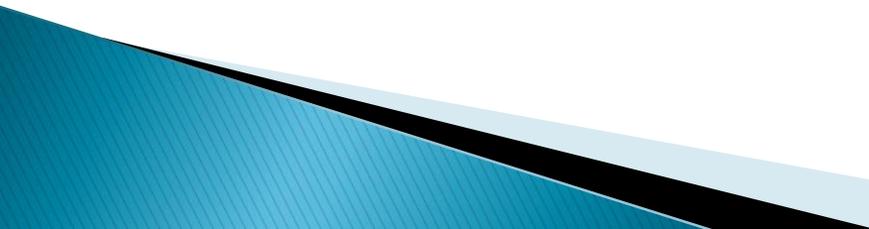
Neuroplasticity

The Parable Of The Two Wolves

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



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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5 MINUTE COMFORT BREAK



Mindfulness Exercise



Three Emotion Systems

- ▶ **Resource Seeking System**
- ▶ **Threat Protection System**
- ▶ **Soothing / Contentment System**
- ▶ Developed through evolution as a response to our circumstances.

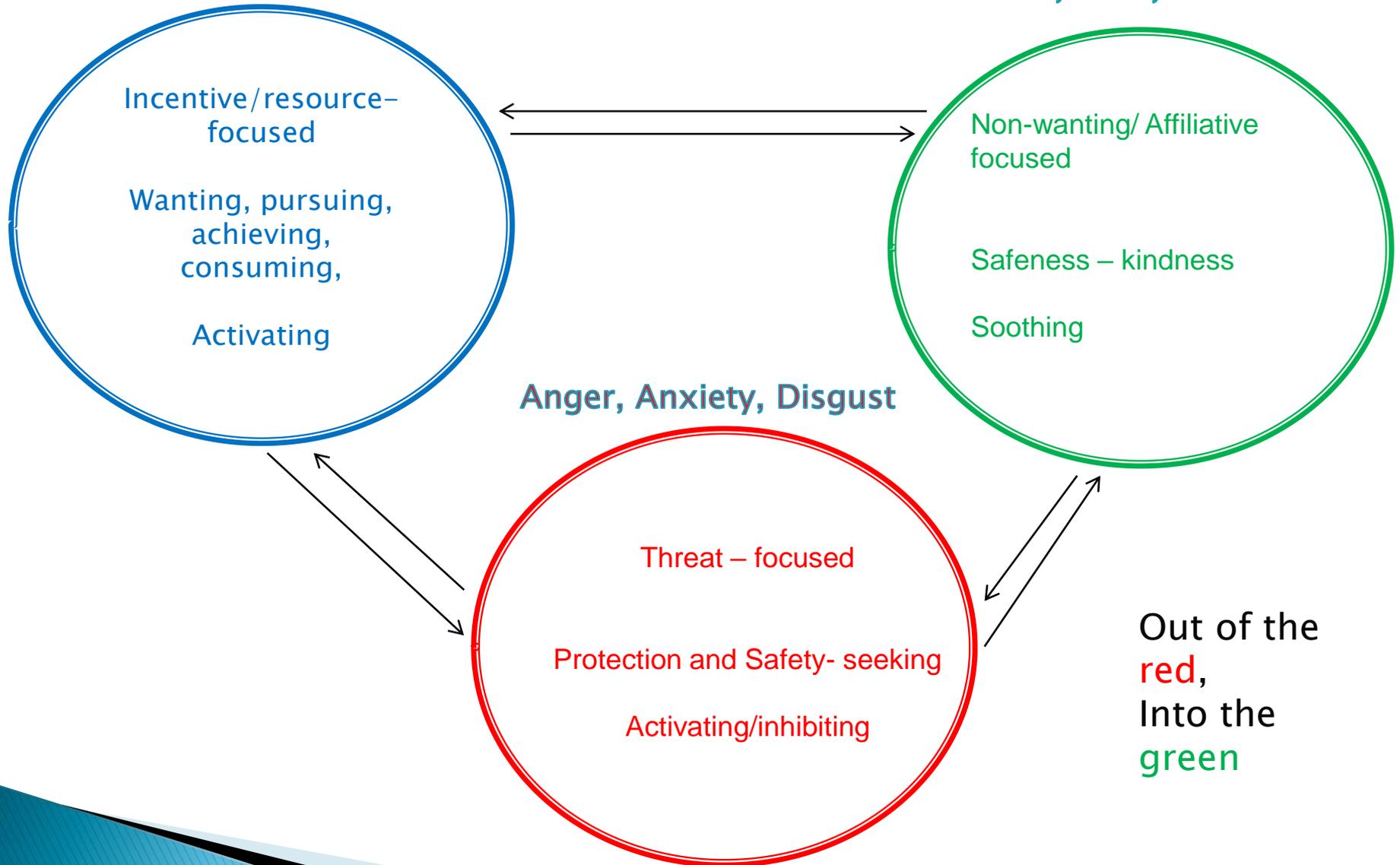
(Gilbert, 2009)



Three Types of Emotion Regulator Systems

Drive, excite, vitality

Content, Safe , Connected



‘How did I get here?’ A Game of Life



Nature vs. Nurture

- ▶ But how do people end up with their drive systems balanced in a certain way?

5 MINUTE COMFORT BREAK



Emotion Systems Exercise

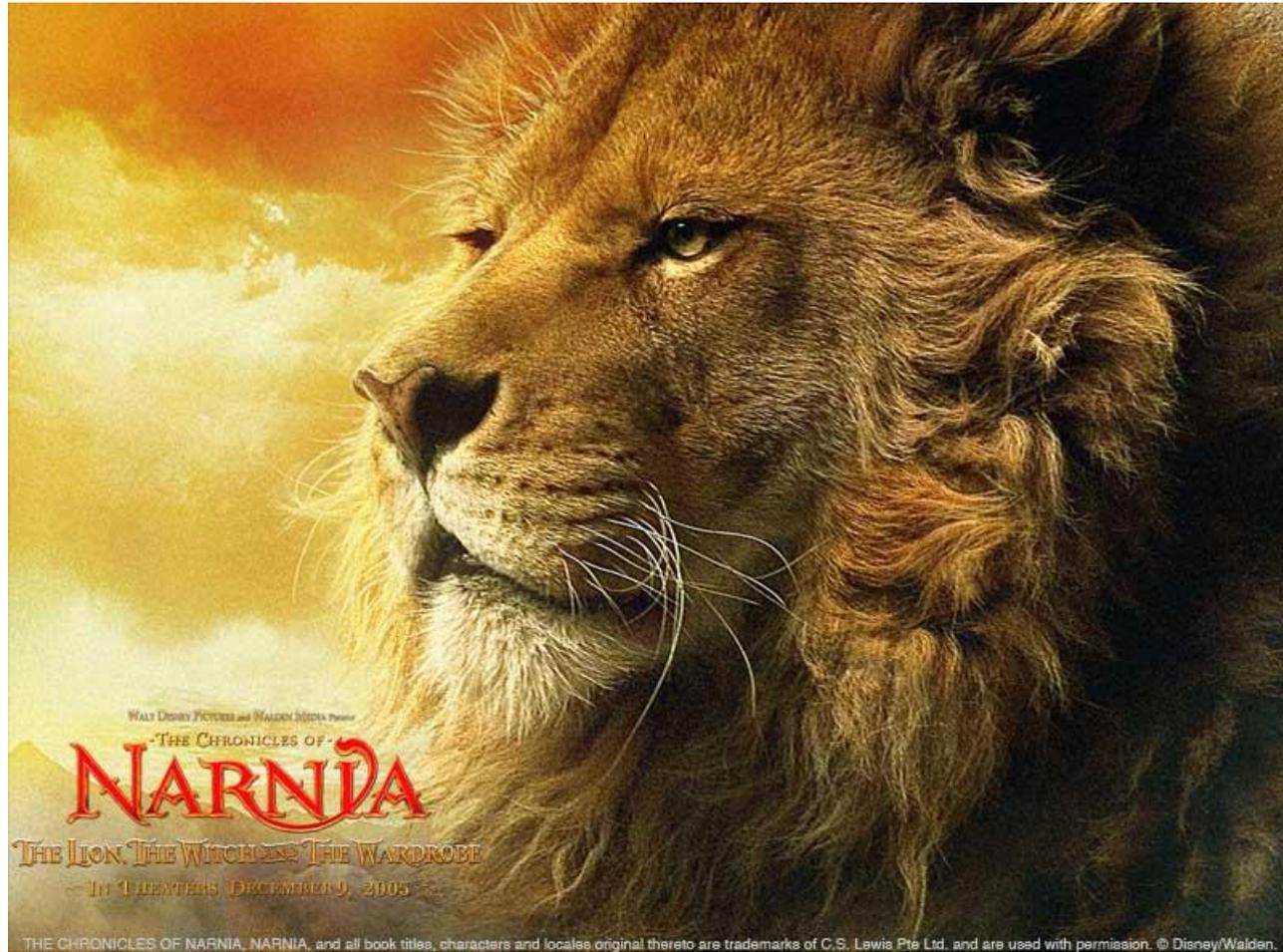
Put each *behaviour* card
under the *drive system*
card that you think it best
relates to...



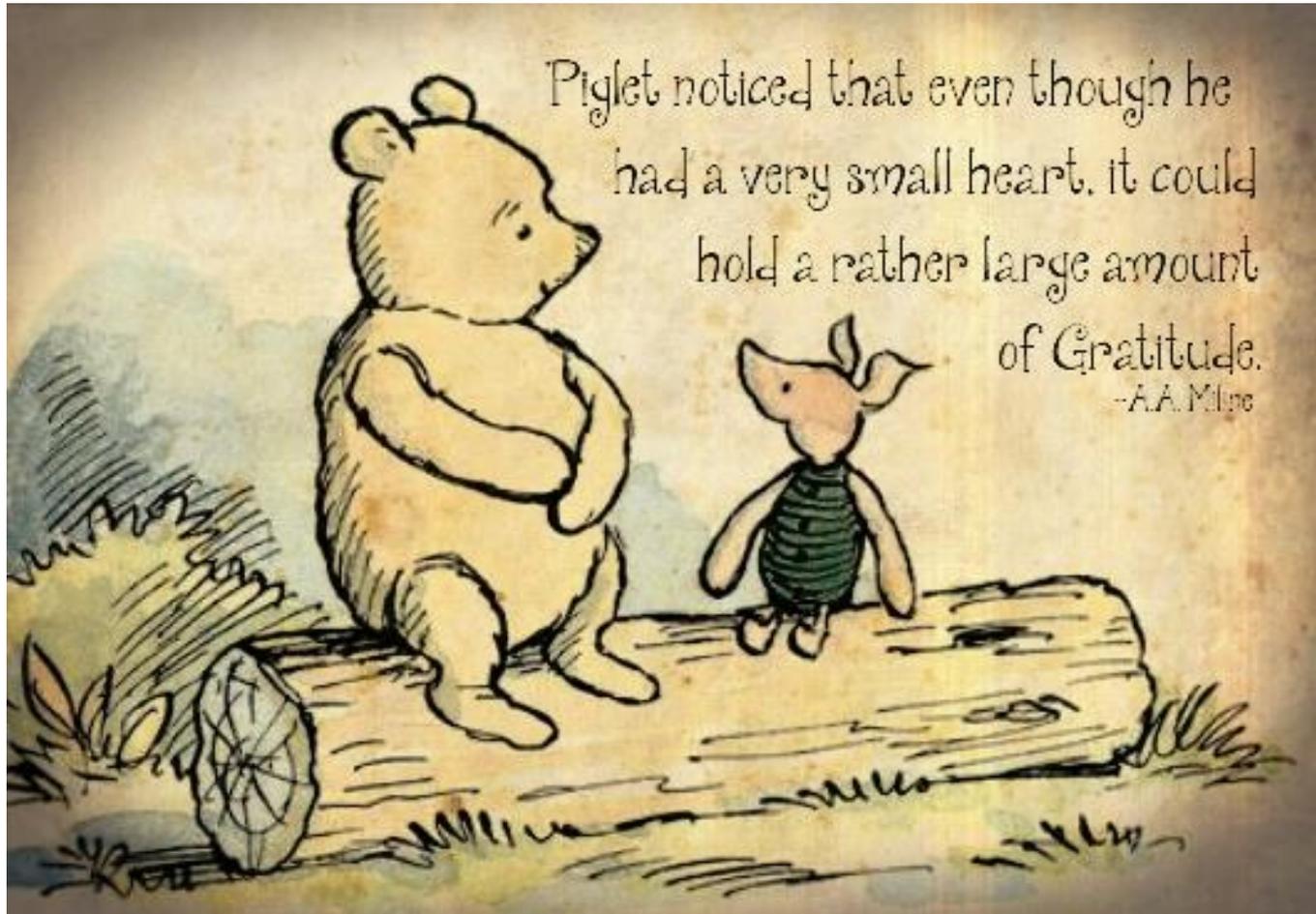
A Compassionate Other (Home practice)



Compassionate Other exercise



Gratitude Exercise (Home practice)



Any questions?

Have we met our aims of the session?

