



Wellbeing
& Recovery
College



Midlands Partnership
NHS Foundation Trust
A Keele University Teaching Trust

Developing Compassion for Wellbeing

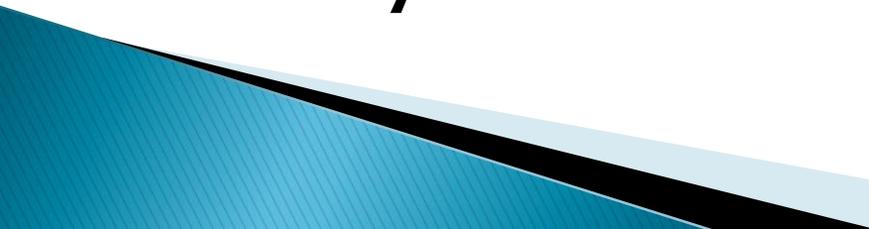
Day Three

Aims of today's session

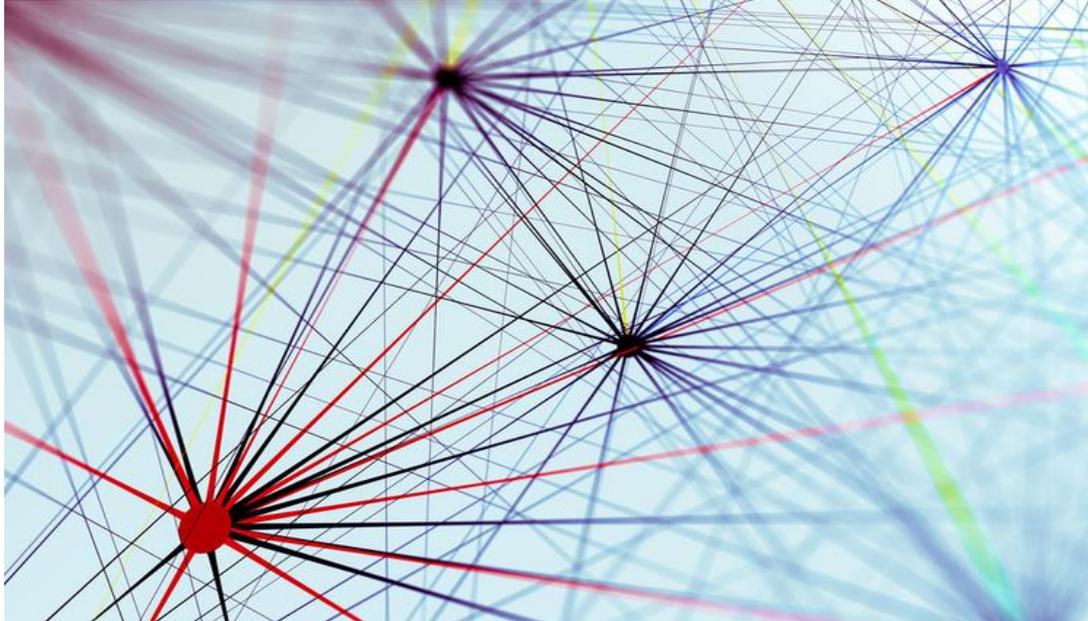
- ▶ To practice a Kindness meditation
 - ▶ To explore the concepts of Interconnectedness, Acceptance and Non-judgement
 - ▶ To discuss why “Success is never final, and failure is never fatal”
 - ▶ To explore the concept of ‘Impermanence’ through a meditation
 - ▶ To look at ‘Compassion and Strength’
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FEEDBACK?

Discussion regarding -

- ▶ Gratitude Diary - how did you get on with this?
 - ▶ Compassionate other - Did you manage to think of something that represents this for you?
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Interconnectedness Exercise



- ▶ Imagine your favourite food...
- ▶ And then: 6 steps that it took to get to your table...
- ▶ Think about how this makes you *feel*...

Kindness Meditation



You Are Here!



The Flow of Life...

- ▶ <https://www.youtube.com/watch?v=8Are9dDbW24>

5 MINUTE COMFORT BREAK



Acceptance and non-judgement

- ▶ “I find that the best that one can do when it is raining, is let it rain...” Henry Wadsworth Longboat



Acceptance is not...

- ▶ Mindlessly indulging in emotions/acting out
 - ▶ Conditional
 - ▶ Denial
 - ▶ Beating ourselves up for what we feel
 - ▶ And It doesn't mean that we *can't* change anything
- 

Acceptance is...

- ▶ Unconditional self acceptance is being completely open to the experience we are having now, whatever it may be
 - ▶ Requires a balanced and objective look at ourselves
 - ▶ Understanding that we are ok just as we are – no one is perfect, or needs to be
 - ▶ As we've been discussing, from an evolutionary perspective, our brains are wired in a way that tends to highlight negative mind states and conflicts
 - ▶ Knowing this empowers us to be able to take on board our present situation as the only ground from which genuine change can begin. If we deny or refuse to see our present experience, change or growth is blocked...
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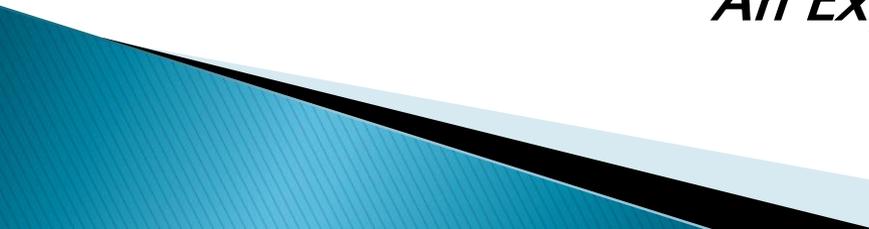
Non-judgement does not mean none preference



Failure?

- ▶ ‘Failure’ is a judgement.
- ▶ Doing/trying something is the main thing; Results are less important.
- ▶ Something you could perceive as failure is just another opportunity to be kind to yourself.
- ▶ If a perceived success is necessary to boost your self esteem; a perceived failure will be damaging to it.
- ▶ If you keep an open non judgmental attitude; you’ll always learn something.

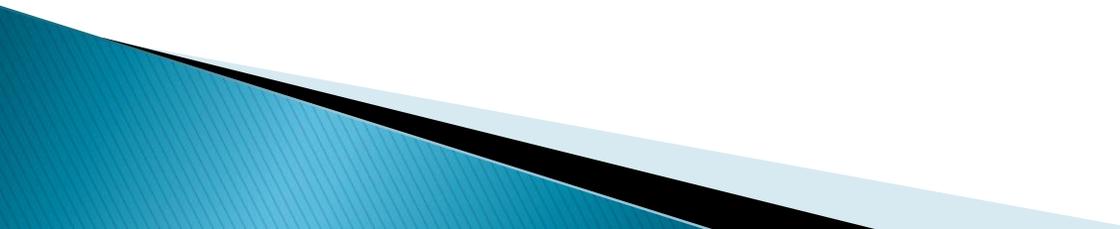
“An Experiment is never a failure”



Keep Calm & Carry on.....

**“SUCCESS IS NEVER FINAL
&
FAILURE IS NEVER FATAL”**

:Winston Churchill



5 MINUTE COMFORT BREAK



Impermanence



The Farmer's Story ('Maybe...')

- ▶ Non-Judgement and Acceptance of the present moment, and the importance of Impermanence.

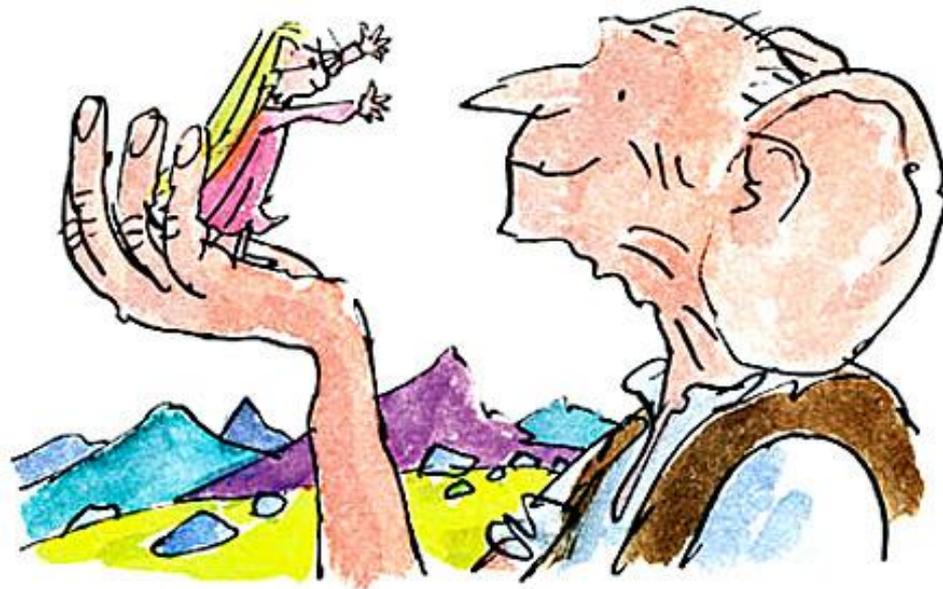
<https://www.youtube.com/watch?v=P3P7f0Zg9wk>



Exercise

- ▶ Think of a time when the present moment seemed unpleasant (or just not going the way that you wanted or expected).
 - ▶ But... those circumstances led to something far more positive.
 - ▶ If you can't, or would rather not, think of an example from your experience, see if you can imagine circumstances that maybe could happen...
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Compassion is a Strength



Thank You 😊

Resources:

- ▶ Paul Gilbert
<https://www.compassionatemind.co.uk/>
- ▶ ‘Mindful Compassion’ by Paul Gilbert and Choden
- ▶ ‘The Compassionate Mind Workbook’: Chris Irons & Elaine Beaumont
- ▶ Kristin Neff <https://self-compassion.org/>
- ▶ Apps: ‘Calm’ & ‘Head Space’ ‘Calm’ & ‘Head Space’

YOUR FEEDBACK MATTERS

- ▶ Please fill out the evaluation form – click the link in the chat
 - ▶ Feedback is anonymous!
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Any questions?

Have we met the aims of the session?

