

CU3A Mindfulness

What we explored in October in
the past, WOW

Sarah Jones

Mindfulness

- ‘Paying attention, on purpose, in the moment’.
- ‘Becoming more aware of the present moment can help us enjoy the world around us more and understand ourselves better’

Professor Mark Williams.

Mindfulness 'Basics' - Jon Kabat-Zinn

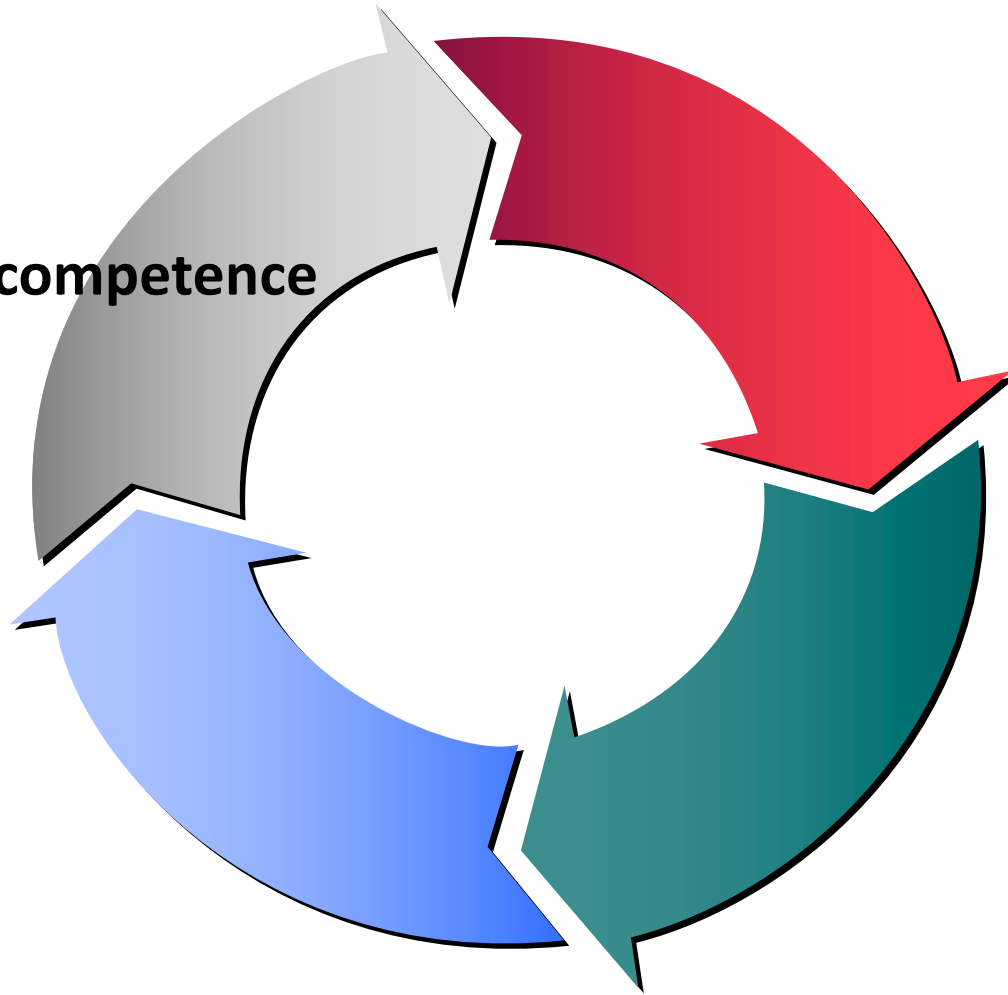
1. Non Judging. Notice if you are describing yourself as being 'good at' or 'no good at' being Mindful (or anything else).
2. Patience.
3. Beginners Mind. A mind that is willing to see everything as if we are seeing for the first time.
4. Non Striving. During a Mindful 'meditation' we are not 'trying to get somewhere'. Try less and be more.
5. Acceptance. Accept what/who/where you are before we can be Mindful.
6. Letting go. Letting go of what was, what we would ideally like and accepting things as they are.

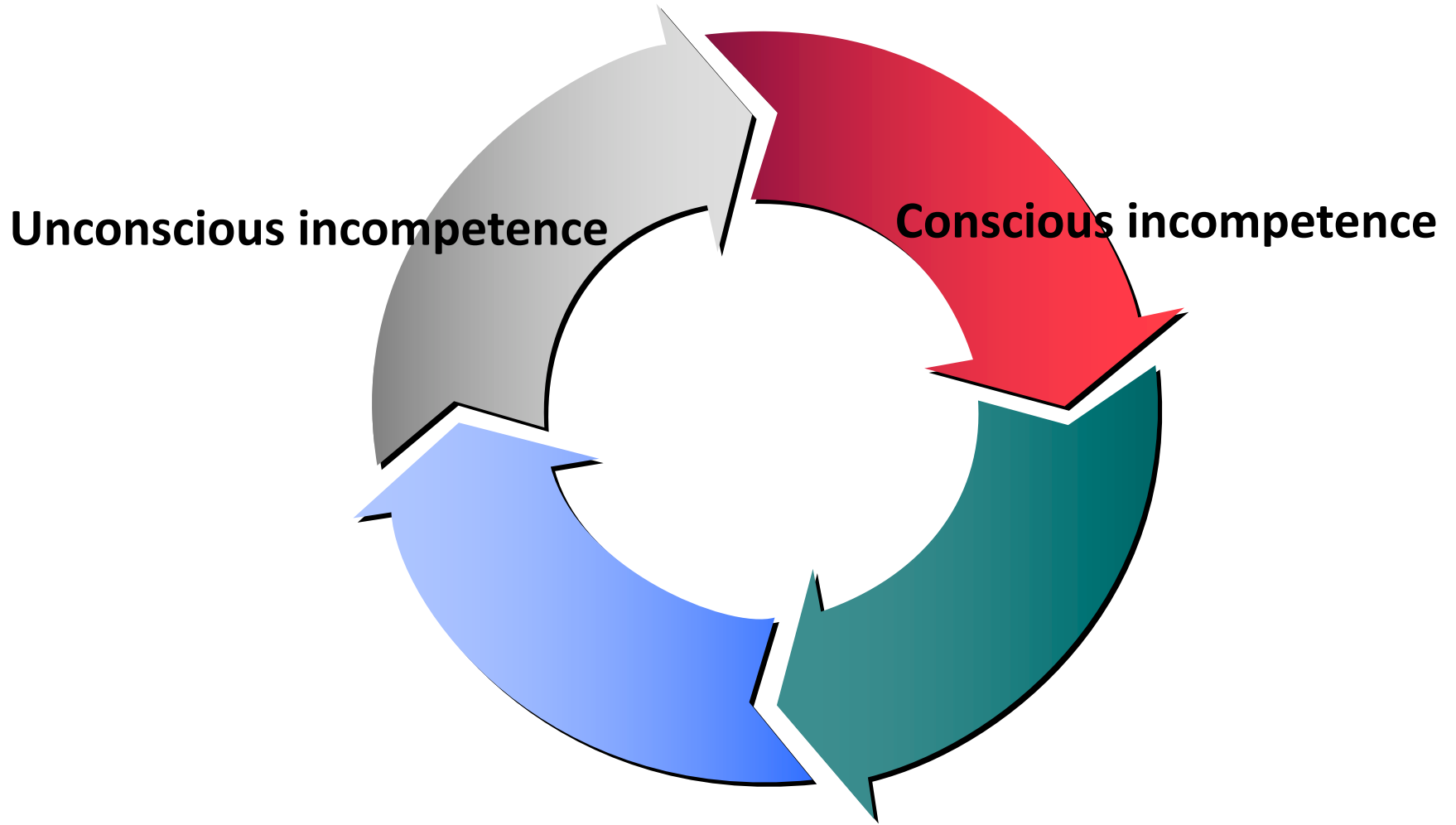


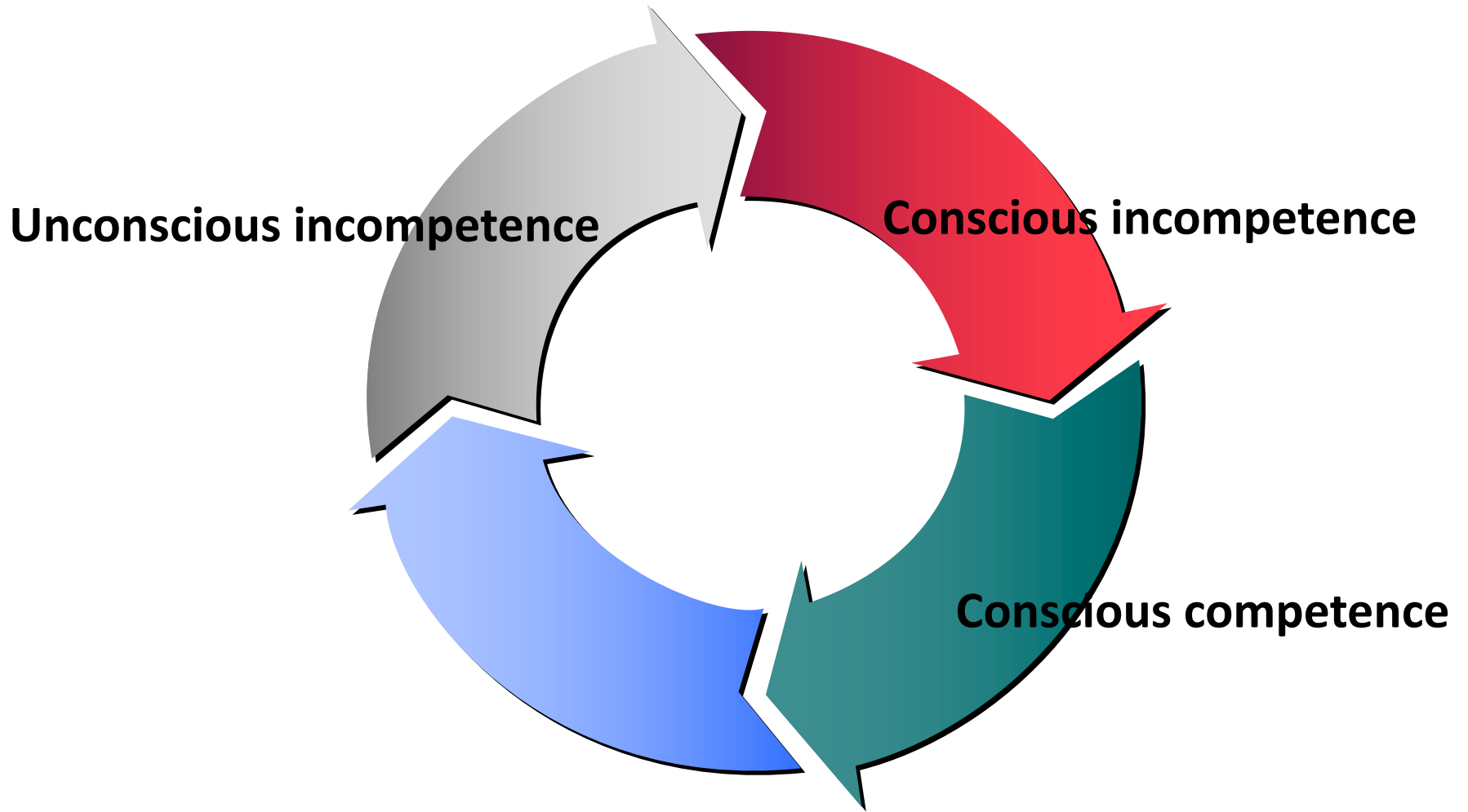
Day to day 'stuff'

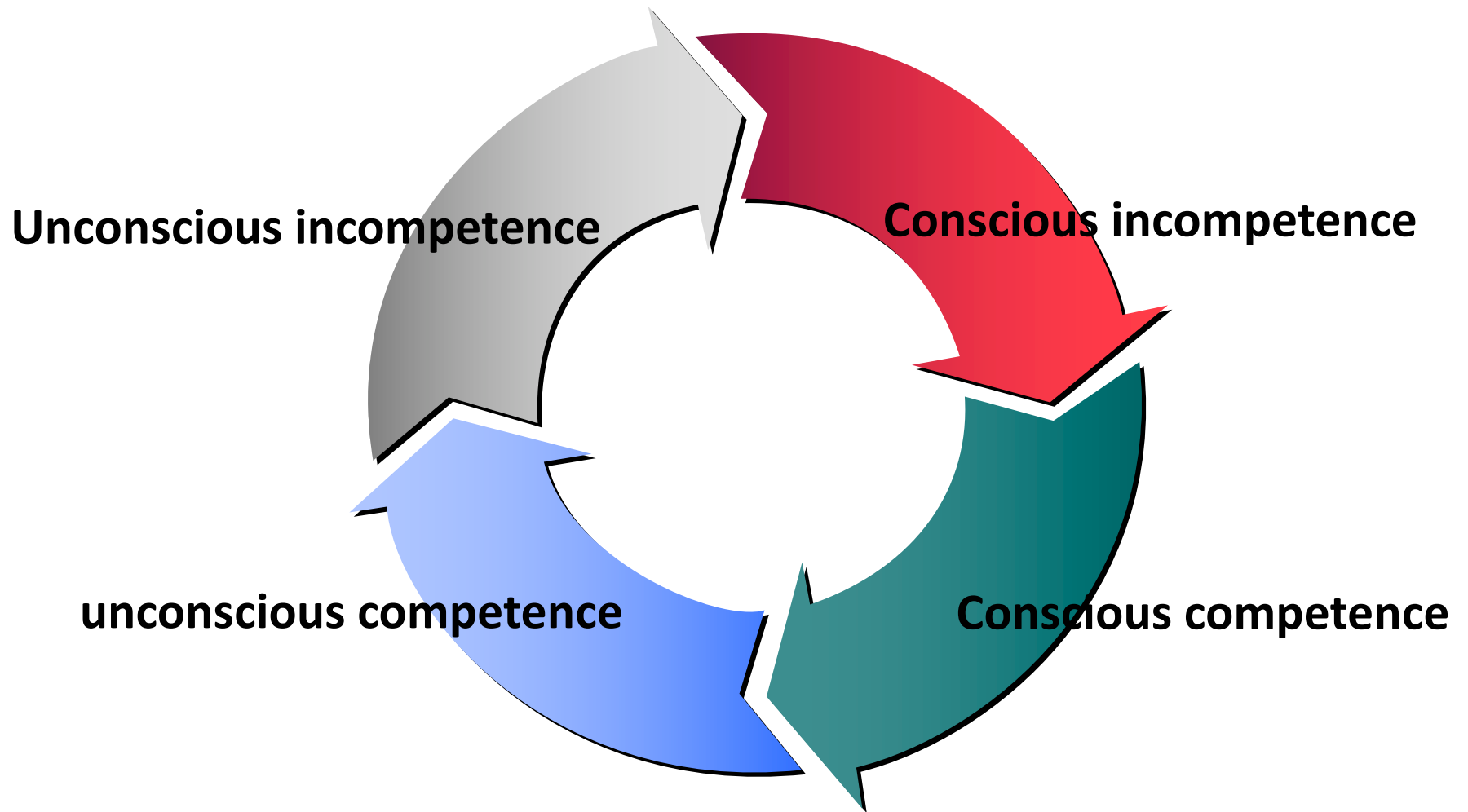
- Urgent
- Important
- Things that bring me joy
 - For myself
 - For others
 - With others

Unconscious incompetence









Mindful self compassion

Self-compassion encourages us to respond to these thoughts and feelings with kindness, care, and understanding so we can soothe and comfort ourselves when we're hurting.

***“The curious paradox is that when I accept myself just as I am, then I can change”
~ Carl Rogers, On Becoming a Person***

What is Self Compassion

- We seem unsure about *self-compassion*.
- For many, it carries the whiff of all those other bad “self” terms:
 - self-pity,
 - self-serving,
 - self-indulgent,
 - self-centred,
 - just plain selfish.



Kristen Neff

The Queen of Self Compassion

KRISTIN NEFF

The three core components of self-compassion

- self-kindness,
- common humanity,
- and mindfulness of suffering.

6 Compassionate things

- Take it personally – don't suppress your emotions.
- Sit uncomfortably with vulnerability – let people see your imperfections
- Remember you're human – we all mess up sometimes
- Rewrite negative scripts – say something kind to yourself instead.
- Beware the 'worst case scenario train' – Allow yourself to focus instead on the reality of what's happening
- Self soothing do something that comforts you.