

Mindful Self-Compassion For Educators



EdCan Webinar



PRESENTED BY LISA BAYLIS

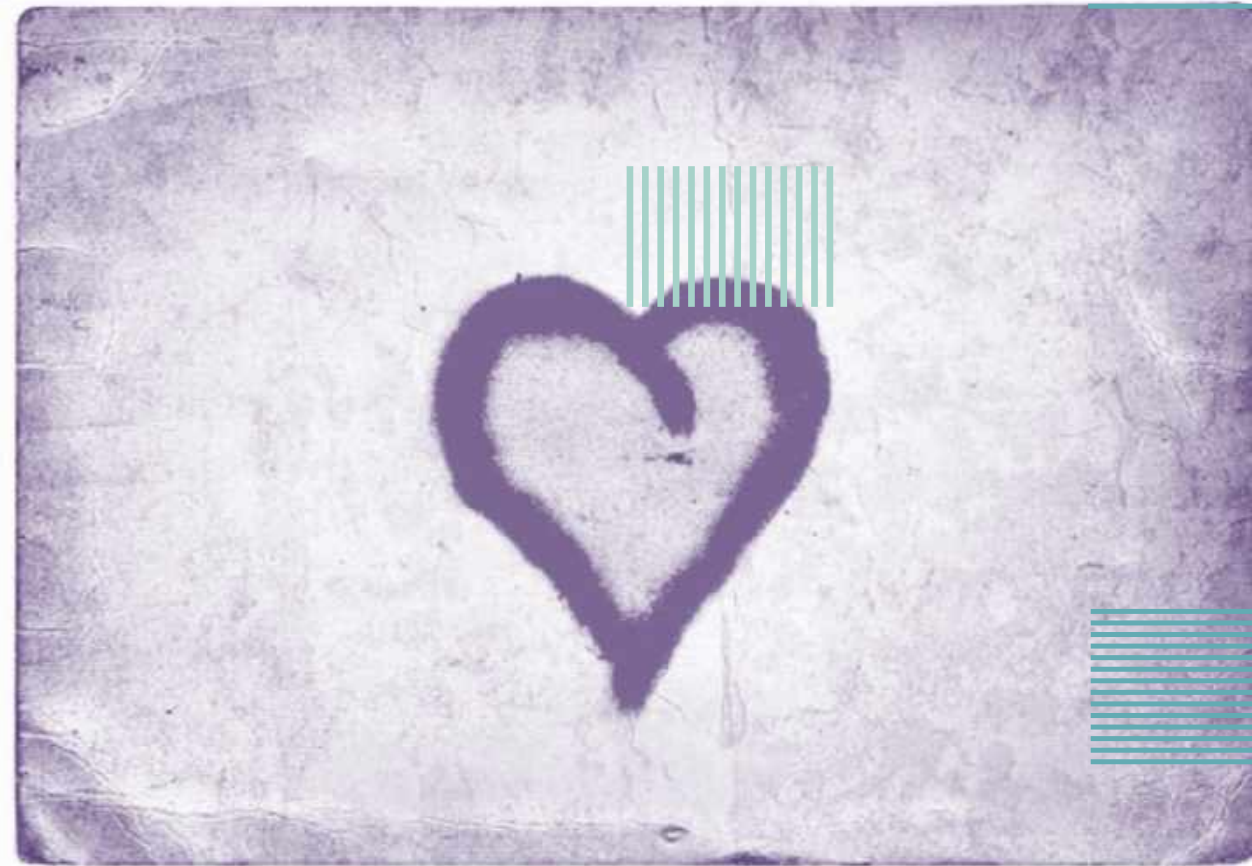
Twitter @Lisa_Baylis

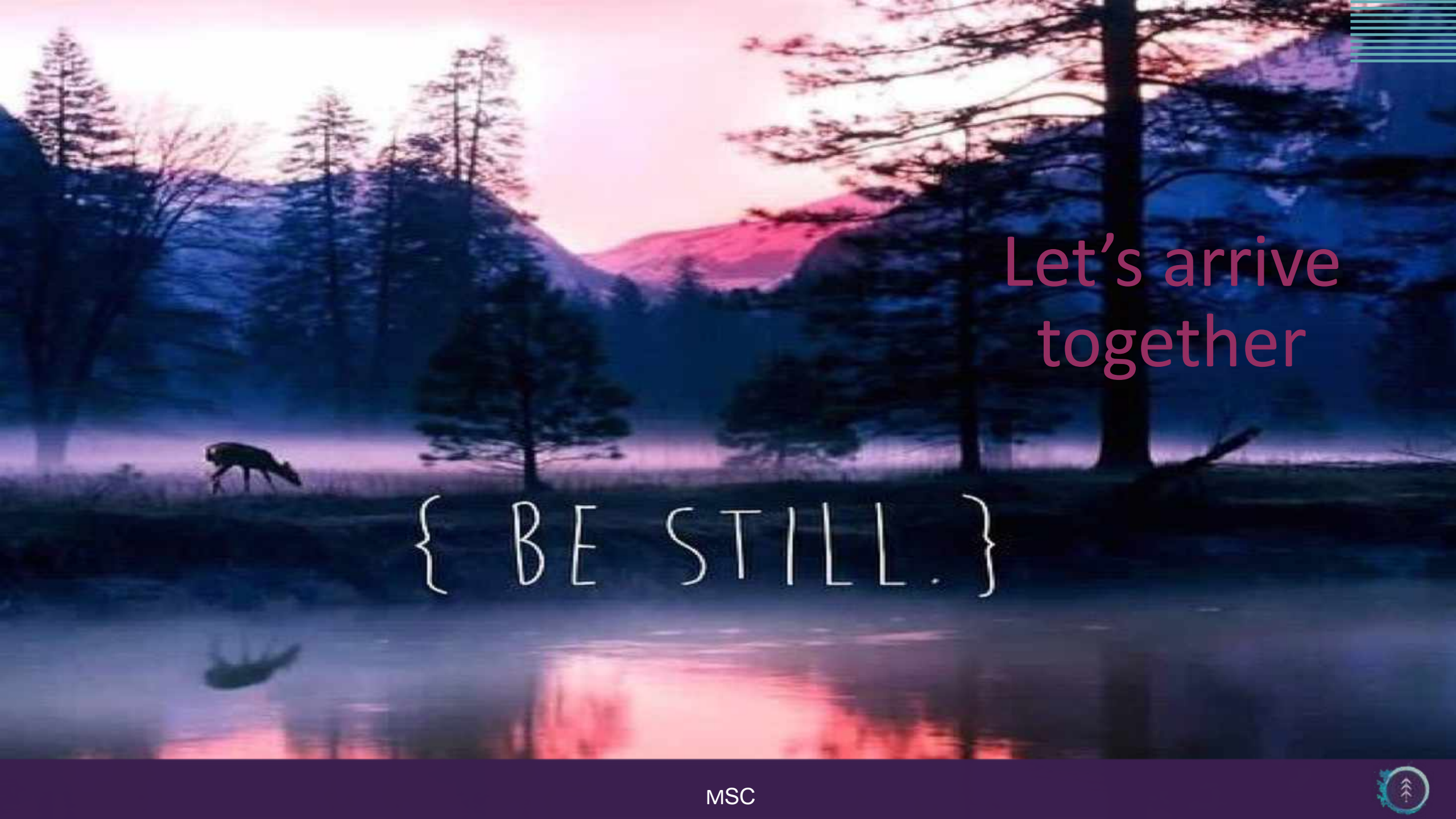


Na'tsa'maht

Means unity or working together as one.

Also a connection of Heart and Mind





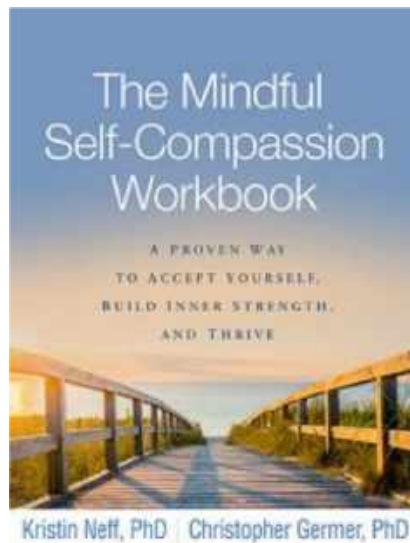
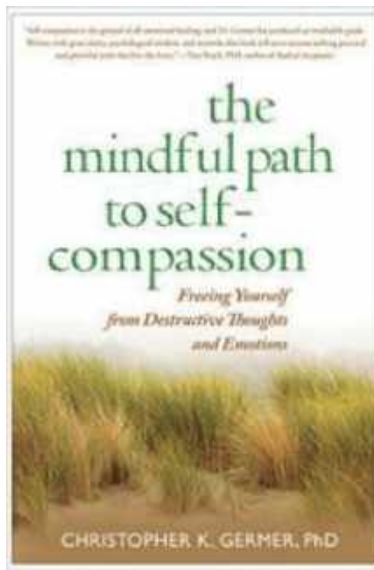
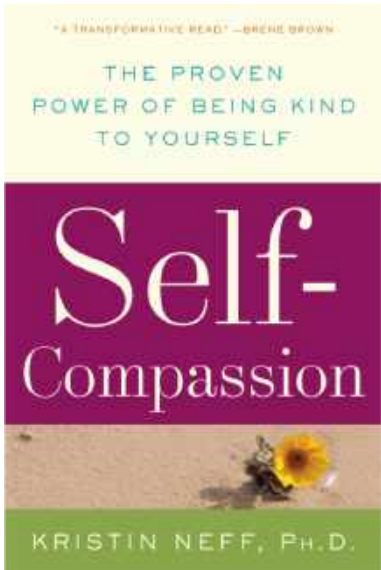
Let's arrive
together

{ BE STILL. }



Mindful Self-Compassion

Based on the empirical research
of Kristin Neff and Christopher
Germer



Mindful Self-Compassion

How Do I Treat a Friend?

Journal Prompt

Think of a time when you've had a close friend who was suffering in some way.

- What did you say to them?
- What tone of voice did you use?



Journal Prompt

Think of a time when you were suffering in some way.

- What did you say to yourself?
- What tone of voice did you use?



Reflect

Preliminary data by Kristin Neff and Marissa Knox (2016) suggests that:

- **78%** of the general population in the USA are more compassionate toward others than themselves,
- **6%** are more compassionate to themselves than others,
- and **16%** are about equal.

WHAT IS SELF-COMPASSION?



Mindfulness

Self-compassion involves recognising when we're stressed or struggling without being judgmental or over-reacting.



Self-Kindness

Being supportive and understanding towards ourselves when we're having a hard time, rather than being harshly self-critical.



Connectedness

Remembering that everyone makes mistakes and experiences difficulties at times. We are not alone!



WHY PRACTICE SELF-COMPASSION?

Research shows that people who are more self-compassionate are...

HAPPIER

Practising self-compassion leads to more happiness, optimism, gratitude and better relationships with others.



MORE RESILIENT

Self-compassionate people bounce back more easily from set-backs and are more likely to learn from their mistakes.



LESS STRESSED

Self-compassion is a powerful antidote to the self-criticism and perfectionistic thinking that can lead to stress, anxiety and depression.



Physiology of Self-Compassion and Self-Criticism

Three Circles of Emotional Regulation

THREE CIRCLES OF EMOTIONAL REGULATION

According to Paul Gilbert's model, people often switch between three different systems to manage their emotions.



In order to help you get a sense of where you might be out of balance, your practitioner may ask you to imagine how big each of your circles is.

Adapted from Gilbert, P. (2009). *The Compassionate Mind: A New Approach To Life's Challenges*. London: Constable and Robinson.

Threat-Defense System

When we criticize ourselves,
we're tapping into the body's
threat-defense system.



Three Circles of Emotional Regulation

THREE CIRCLES OF EMOTIONAL REGULATION

According to Paul Gilbert's model, people often switch between three different systems to manage their emotions.



In order to help you get a sense of where you might be out of balance, your practitioner may ask you to imagine how big each of your circles is.

Adapted from Gilbert, P. (2009). *The Compassionate Mind: A New Approach To Life's Challenges*. London: Constable and Robinson.

Mammalian Caregiving System

When we practice self-compassion, especially with physical gestures and a gentle tone of voice, we generate a sense of safety that counteracts the stress generated by the threat-defense system.



Soothing Touch

One way to engage the Mammalian caregiver response is through an activity called ***Soothing Touch and a gentle tone of voice.***

This practice is available to you almost any time, any where.

Practice: Soothing Touch

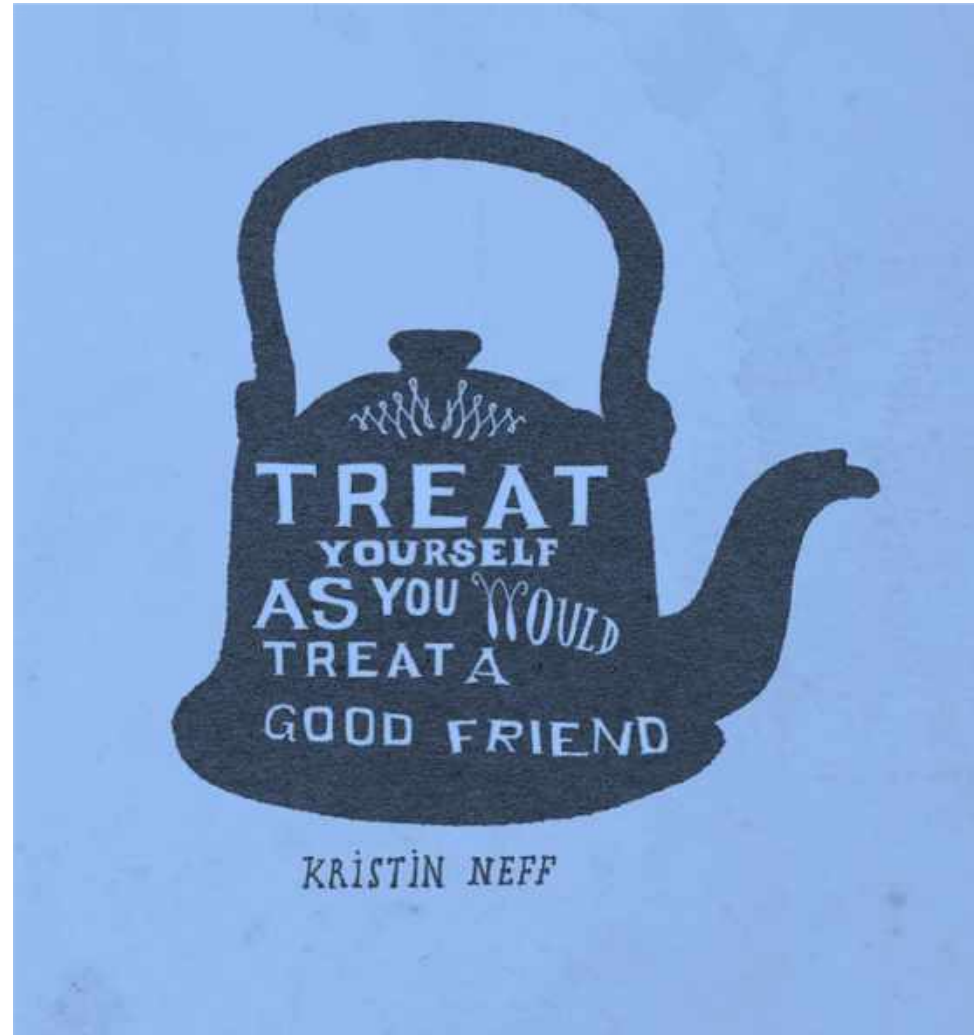


Self-Compassion Break

Insight timer : Kristen Neff



Of course this is hard/ hurts
I'm suffering in this moment

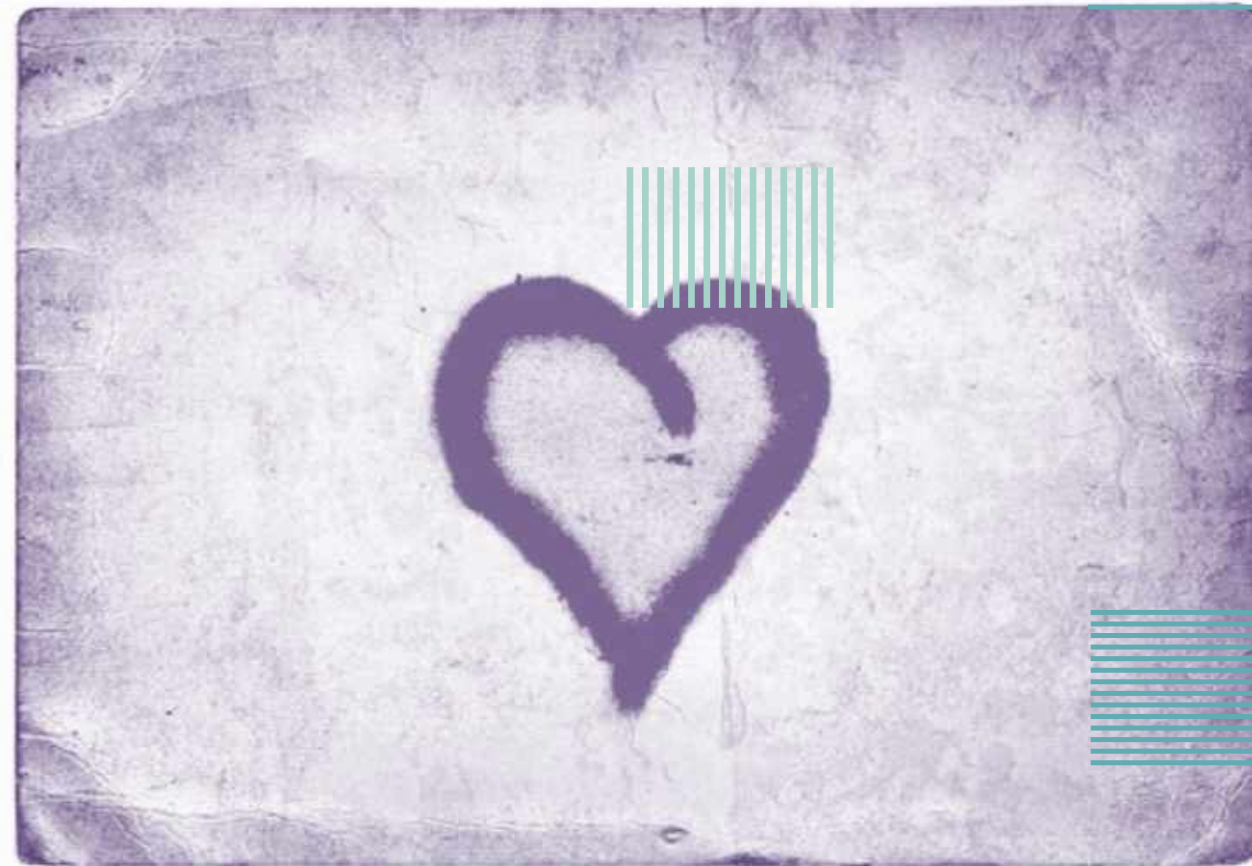


Spreading Compassion

Start with ourselves.

Build into our community around us

Create a Compassionate System



Spreading Compassion

**THE
FACTS ON
EDUCATION** 

**How can Compassionate Systems
Leadership embed SEL and well-being
across an entire school district?**

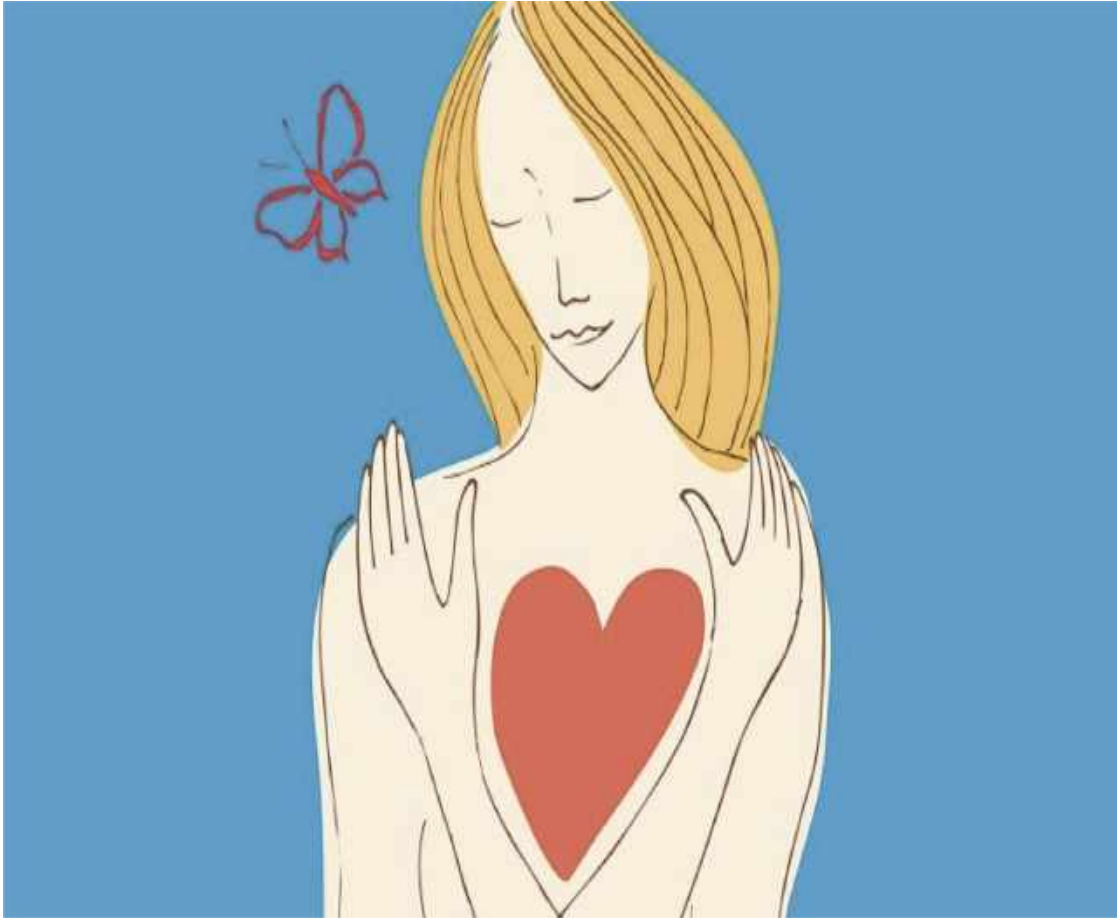
EdCan
NETWORK
Brought to you by **cea** 

To download the fact sheet:
www.edcan.ca/facts-on-education


Well at Work
by **EdCan**



Questions? Feel free to stay in touch.



- www.lisabaylis.com
- info@lisabaylis.com

