



## Creating a Community of Compassion During Times of Stress

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### Agenda & Guided Notes

- Discuss the benefits of mindful compassion & self-compassion on wellbeing of self & school community.
- Practice self-compassion exercises to enhance personal wellbeing.
- Practice compassion exercises to build strong, compassionate school communities.

### Thank you Sponsors!



Right now, I will put aside my thoughts of...

by...

so, I can...



### First ... Then

Self-Compassion Part 1 Kristin Neff (<https://youtu.be/TyI6YXp1Y6M>)

### 3 Key Components to Foster Self-Compassion

1. Remember you're not alone
  - Pain and suffering are unavoidable
2. Be Mindful
  - Ability to observe rather than avoid painful thoughts and feelings
3. Be kind to yourself
  - Being kind and understanding to oneself even in the face of suffering or perceived inadequacy versus self-judgement

## How to Practice Self-Compassion

- Name emotion without judgement
  - “I’m not alone, many people are *feeling anxious* right now.”
- Extend kindness to yourself as you would a friend
  - **Say something**
    - “I am safe, I have what you need, I am strong and resilient!”
    - “This is difficult AND I can do this!”
    - “What do I need now?”
  - **Do something for yourself**
    - Accumulate positives just for you
    - Build mastery
      - Do something that brings you a sense of accomplishment

## What’s a practice of Self-Compassion?

**Practice:** to perform or work at repeatedly to become proficient

Notes:



## Developing a Kind Heart

### *Shifting from Judgement to Kindness*

- **Ask yourself these questions as judgements arise, do they serve me?**
  - How does it feel to talk to yourself this way?
  - Do you feel it in your body?
  - What emotions are you feeling?
  - How do they impact how you perceive yourself?
- **Use loving kindness - talk to yourself as you would talk to a good friend**
  - Use the loving kindness meditation
  - Say, do, act in loving kindness to self
  - Let go of judgement, accept and let go

## Just This Moment, Just This Task...

### RAIN Meditation

**R**ecognize what is happening, in this moment

**A**cceptance: Allow life to be just as it is

**I**nvestigate with a gentle, curious attention

**N**urture with loving presence

### Systems & Supports

- Routines
- Reminders
- Accountability Partners
- Apps
- Phone alarms



What systems and supports are you using?

### Compassion

Video Notes:



Where Does Compassion Really Come From? Happify <https://youtu.be/A4a66aFaIME>

### Benefits of Compassionate Practices

- Resiliency
- Healthier & Happier
- “Primes our minds for Collaboration”
- Softens difficult relationships
- Strengthens communities

### Signs of Compassion Fatigue

- Feelings of “burnout”
- Excessive worry about students and others
  - Secondary trauma
- Little to no mental or physical energy to engage with others or activities as usual
- Avoidance of typical tasks/activities/people

(Figley, 1995; Freudenberger, 1974; & Kinavey Wennerstrom, personal communication)

## How to Create Compassionate School Communities

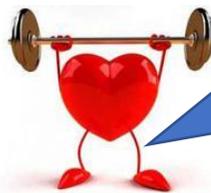
- Agenda “Compassion Practice”
- Sharing stories
  - “Positive experience I had as a student in school was...”
  - “A teacher who positively impacted me was...”
  - “A student whom I’ve been thinking about is...”
  - “Three things I’d like to know about are...”
- Invite parents & students to meetings to share their experiences
- Hold space to talk about emotions

## Building Compassionate Relationships

A **bid** is any attempt by one person toward another person to cultivate positive connection

---attention, affirmation, affection---

- Smile
- Request for help
- Sharing a story about the day
- Sharing an accomplishment
- Sending a post/link
- Expressing a concern



What’s one bid for affection, attention, affirmation someone made to you today?  
How did you respond?  
What was the impact?

### Intention Setting

**In the next week, to support my practice of self-compassion, I will...**



## Various Resources

- Free 3-part Video Series from Sounds True Self-Compassion by Dr. Neff
  - <https://www.soundstrue.com/store/power-of-self-compassion/free-video-series>
- Happify (online support, videos, & App) <https://my.happify.com/>
- Being Well with Dr. Rick Hanson (Podcast)
- Untangle Meditation Studio (Podcast)
- Greater Good Science Center at UC Berkeley
  - Free Newsletter
  - <https://greatergood.berkeley.edu/>
  - Loving Kindness Meditation
  - [https://ggia.berkeley.edu/practice/loving\\_kindness\\_meditation](https://ggia.berkeley.edu/practice/loving_kindness_meditation)
- Teacher Wellbeing – Daniela Falecki
  - <http://www.teacher-wellbeing.com.au/>

## Books

*Good Morning, I Love You: Mindfulness + Self-Compassion Practices to Rewire your Brain for Calm, Clarity + Joy*

Shauna Shapiro, PhD

*From Suffering to Peace: The True Promise of Mindfulness*

Mark Coleman

*Onward: Cultivating Emotional Resilience in Educators*

Elena Aguilar

## Resources Apps



1,000s of free  
Guided  
Meditations +  
Meditation  
Timer

Free Daily Mindful  
Reminders

#Mindful App

## Resources for Now

- [Responding to the Novel Coronavirus \(COVID-19\) Outbreak through PBIS](#)
- [Getting Back to School after Disruptions: Resources for Making Your School Year Safer, More Predictable, and More Positive](#)
- [NASP: Health Crisis Resources](#)
- [COVID-19 Resources from the National Center for School Mental Health](#)
- [Helping Children Cope with Coronavirus and Uncertainty](#)
- [Resources for setting up online learning](#)
- [What to Say to Kids When the News is Scary](#)
- [How to Talk to Children about the Corona Virus](#)

### Other Supports

- **Crisis Text Line at 741741 to communicate with a crisis counselor**
- <https://www.samhsa.gov/>
- <https://mhffcnetwork.org/>

## Creating Loving Kindness Meditation Phrases that are Meaningful for You

Adapted from *The Mindful Self-Compassion Workbook: A proven way to accept yourself, build inner strength, and thrive* by Kristin Neff, PhD and Christopher Germer, PhD

Step 1 - Put your hand over your heart, or elsewhere, and feel your body breathe. Now take a moment and allow your heart to open gently – to become receptive – like a seedling opens to the sun in the springtime. Ask yourself, What do I need? What is it that I truly need, right now? Let the answer come to you. What is that universal need that you feel? Is it to be connected to others, to be loved, peaceful, free? If this need is fulfilled in a day, your day feels complete. When you are ready, write down what came up for you.

Step 2 - Now ask yourself: What do I need to hear from others? What words would I like to have whispered in my ear for the rest of my life? What words would bring me gratitude if I heard them repeatedly? Words we would like to hear repeatedly usually means that we wish to know we are truly those attributes. For example, if we wish to hear that we are kind from another person repeatedly, it usually means we wish to know we are truly kind or lovable. Open yourself up and wait for the words to come. Allow yourself to be vulnerable and open to the possibility with courage and curiosity. When you're ready, write down what came to you.

Step 3 - Take a moment and review what you have written and settle on two to four words or phrases you would like to use in your meditation. These are the kindness phrases you will repeat to yourself over again during your loving kindness meditation - they are the gifts of self-compassion. If you heard "safety" "love" "willingness" "serenity" maybe the wishes can be: *May I feel safe, May I love myself unconditionally, May I be willing and live at ease, May I feel serenity and peace*

Step 4 - Try your phrases on for size, see how they feel. Say them over and over, slowly and gently, allowing them to sit with you. Let the words settle around you, then gently release them. Rest in the experience.

Now, using a *Loving Kindness Meditation Guide* such as the one provided in this packet by Magareeshi Productions <https://www.magareeshi.com/>, you can insert your own phrases and personalize your practice and build your compassion muscles!

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# Loving-Kindness Meditation

Loving Kindness, or Metta/Maitri Meditation, is an equally simple and complex meditation practice to connect to true happiness. It is like a wish for one's self and the world. The theory of this meditation is simple, yet the practice can be complex as it can take a long time to master control and direction of one's thoughts.

Good thing there is no rush to get to mastery level with this practice! The more we practice it, the more we shift our thoughts and actions toward peace, health and happiness for everyone, everywhere.

*Whatever one reflects upon frequently becomes the inclination of the mind.*

*— The Buddha*



Photo & Art Credit, CJ Centofante

## The practice...

**STEP 1** — Begin with simple seated/relaxing meditation to clear your mind. Engaging in mindfulness (noticing what is, noticing the breath, noticing the thoughts...) provides a solid foundation to build upon in loving-kindness meditation.

**STEP 2** — Invoke the aspiration of loving-kindness by saying/thinking, "May all beings enjoy happiness and the root of happiness." Imagine a situation of happiness or see something that consistently demonstrates happiness to you. Hold that thought clearly in your mind. This can help you contact the "root" of happiness, or the seed of happiness that is planted within all human beings.

**STEP 3** — Visualize concentric circles. Each thought we offer in this meditation is like another layer in a radiating spiral reaching out to the world and beyond. On the first layer is yourself. Feeling happiness as you did when imagining the situation of happiness in step 2, wish yourself health and happiness. "May I be healthy. May I be peaceful. May I be happy." Really feel happy. Really feel content.

**STEP 4** — Now envision someone who is alive today. Someone you have a good relationship with and whom it comes easily to wish them well. Take your own feeling of peace and happiness and see that feeling as a tangible energy you can send out to this person. Create the next circle by radiating good wishes to them. "May you be happy. I wish you happiness." See them experiencing happiness.

**STEP 5** — Next try radiating happiness to someone you feel neutral about. Maybe someone you see in passing like the cashier at the grocery store or your mail carrier. Bill Scheffel says, "Sometimes I try to simply remember those people who were in my life the previous day ... Often I find just remembering someone makes them suddenly precious." As a next step, you might also try choosing to radiate loving-kindness energy to someone with whom your relationship is strained or you are uncomfortable with, or even a person you consider an enemy. You do not need to force yourself to do this or to go anywhere you don't wish to go. All people will benefit from your radiant meditation on an energetic level and over time it will come easy to wish even an enemy happiness.

**STEP 6** — In this last stage of the meditation, loving-kindness becomes less specific. You can imagine your intention and energy radiating out in all directions, the spiral growing and growing. See the radiance of happiness reach through nature, your community, passed geographical borders and beyond, like rays of light. You may radiate loving-kindness as far as you can imagine.

# Weekly Wisdom

**Monday - Wednesday**  
**Instagram, YouTube & Facebook Live**  
**FREE Workshops**  
**11am PST**

**@magareeshi**

## **Yoga & Meditation Mondays**

Set up your whole week:  
relax, stretch, strengthen,  
heal...body & mind

## **Yoga Trapeze Tuesdays**

The world feels upside down;  
flip it to gain strength, relief,  
alignment, joy, levity & courage

## **Wellbeing Wednesdays**

Be fully supported with  
everything from mindful-living  
guidance to practical tips



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