

Mindful Monday

Discovering and Cultivating Tools for Personal Resilience

Christina Ruggiero, RP

March 6, 2023

Compassion 1



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The MHTTC Network uses affirming, respectful and recovery-oriented language in all activities. That language is:

**STRENGTHS-BASED
AND HOPEFUL**

**INCLUSIVE AND
ACCEPTING OF
DIVERSE CULTURES,
GENDERS,
PERSPECTIVES,
AND EXPERIENCES**

**HEALING-CENTERED AND
TRAUMA-RESPONSIVE**

**INVITING TO INDIVIDUALS
PARTICIPATING IN THEIR
OWN JOURNEYS**

**PERSON-FIRST AND
FREE OF LABELS**

**NON-JUDGMENTAL AND
AVOIDING ASSUMPTIONS**

**RESPECTFUL, CLEAR
AND UNDERSTANDABLE**

**CONSISTENT WITH
OUR ACTIONS,
POLICIES, AND PRODUCTS**

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Mindful Monday Self Compassion 1

March 6, 2023

Christina Ruggiero

Masters Counselling Psychology, Registered Psychotherapist



▶ Grounding and welcome




What is compassion?




- ▶ Acknowledge suffering, feel warmth, be caring and understanding, help others.
- ▶ Based in kindness

- ▶ How does this feel when someone else gives this to you?
- ▶ How does this feel when you give this to someone else?



What is self compassion?



- ▶ Self Compassion is no different than compassion you get from, and give to others, but turned inwards.



What is loving kindness? Why?

- ▶ Mindfulness can be used to cultivate and build compassion response and kindness in self.
- ▶ Practice and repeat mantras to self and others to evoke release of oxytocin, endorphins, leading to possible feelings of love, joy, gratitude, understanding, peace.
- ▶ Research shows consistent practice to cultivate compassion leads to:
 - ▶ Increased compassion for self and others
 - ▶ Increased empathy for self and others
 - ▶ Decreased bias and judgement
 - ▶ Increased feelings of connectedness
 - ▶ Less criticism of self and others



- ▶ Things that will happen...

- ▶ mind wandering! When you notice, try redirecting to the meditation, we are building on the skill of redirection.

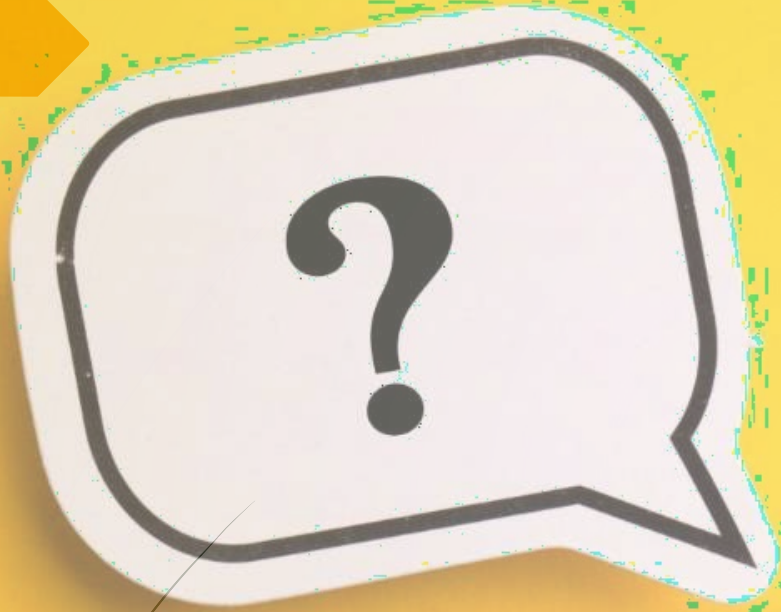
- ▶ Things that might happen...

- ▶ Difficulty at first to evoke kindness for self and others, may feel “fake” or uncomfortable. This is normal!
 - ▶ May have our own biases and judgement about kindness and compassion (-ve)
 - ▶ May have adverse experiences growing up, or in our present life that makes it difficult to acknowledge.
 - ▶ We haven't had much practice with it, or see little of it on our lives.
 - ▶ It can feel VULNERABLE!!! *eek!* and we have protection around vulnerability.



Cultivating compassion for self and others.
Loving Kindness Meditation

15 mins



Discussion

What did you notice?



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Thank You for Joining Us!

Mindful Monday

Discovering and Cultivating Tools for Personal Resilience

Compassion 2

March 20, 2023

