

Mindful Monday

Intentional Mental Health Practices

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July 10, 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

Compassion 1



Welcome

- ▶ Befriending difficult emotions using the RAIN meditation.

Grounding





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?

Overcoming Barriers to Self-Compassion

- Inner Critic
- Monkey-Mind
- Shame – “ *I should be able to handle*”
- Trauma

- Difficult emotions such as self-aversion, fear, loneliness, depression, hatred, greed, doubt, anger.




Processing Difficult Emotions

Both Western and Buddhist psychology focus on 2 elements when healing difficult emotions.

- ▶ Bring the Emotion into Conscious Awareness.
 - ▶ Seeing what's happening
 - ▶ Feeling directly what's happening
- ▶ Relate with the quality of quality of gentleness, of care.



The RAIN Meditation

- R - Recognize
 - A - Allow
 - I - Investigate
 - N - Nurture
- 

Reflections

- ▶ Sense the quality of presence that has emerged – is there more space, more kindness?
- ▶ Have you noticed a shift from when you began the meditation?
- ▶ You might consider how you can practice RAIN in your daily life when you feel difficult emotions arising.
- ▶ Feel free to share in the chat something you learned from this meditation or something you want to remember.



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Thank You for Joining Us!

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Compassion 2

July 24, 2023

