

Mindful Monday

Intentional Mental Health Practices

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Compassion 2



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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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SCAN ME





Mindful Monday

Compassion 2

*“If your compassion does not include yourself,
it is incomplete.”* - Jack Kornfield



Welcome

- ▶ Today we're going to continue our conversation about self-compassion and self acceptance. We'll be learning about the Emotional Freedom Technique (EFT) or Tapping and how you can use it to cultivate self-compassion and acceptance.

Grounding

The Science of Self-Compassion

“Unlike self-criticism, which asks if you’re good enough, self-compassion asks, what’s good for you?”

- Dr. Kristin Neff

- The opposite of self-criticism. Research shows that self-criticism is tied to depression, eating disorders, physical health issues and more.
- Research has shown that self-compassion actually leads to more productivity, decreased stress and depression, greater well-being, and more life satisfaction.

The 3 Parts of Self-Compassion

- ▶ Being kind and understanding towards ourselves, practicing self-kindness
- ▶ It involves understanding that we aren't alone, that we are part of a shared common human experience.
- ▶ Self-compassion involves mindfulness. This means noticing and acknowledging our feelings and experiences without judgment.

Tapping – Emotional Freedom Technique

Based on the combined principles of ancient Chinese acupressure and modern psychology –

acupuncture for the nervous system

- Studies have shown that Tapping decreases cortisol (the stress hormone) in your body.
- Tapping Regulates the Nervous System, Boosting the Immune system.
- Tapping Eliminates Stress and Anxiety.

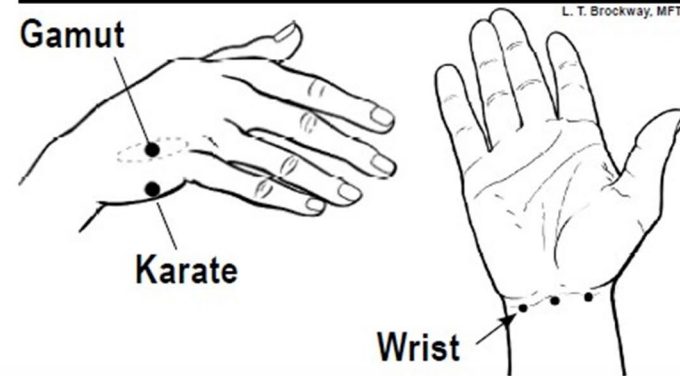
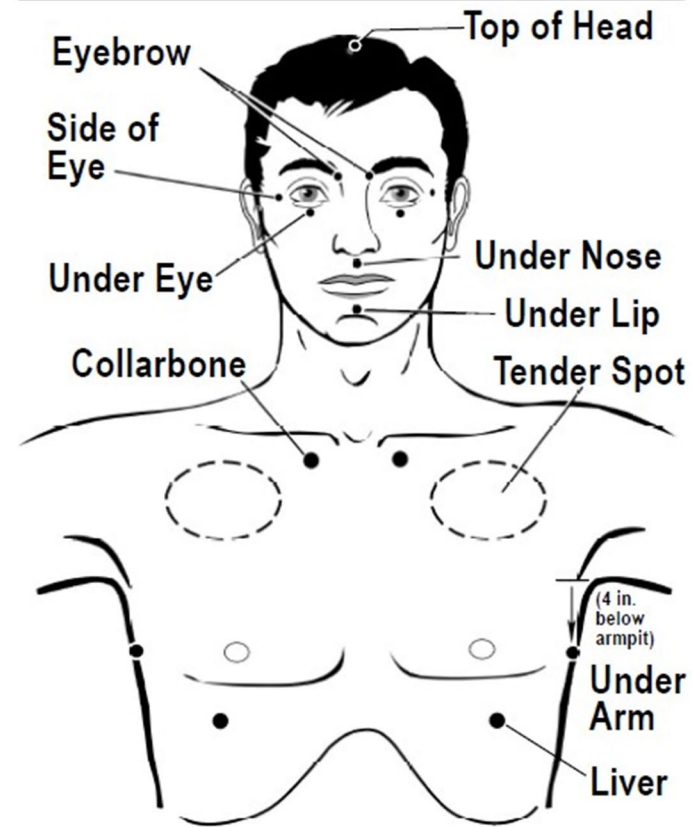
9 Specific Meridian Points

Identify your challenge - #

Set-Up Statement

Tap with your fingertips on each point
5-7 times

ENERGY POINTS



L. T. Brockway, MFT




Tapping Meditation: Quieting the Critical Voice





Reflections

- ▶ On a scale of 1 – 10, after tapping what # would you give your situation now?
 - ▶ Feel free to share your thoughts in the chat or unmute.
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Thank You for Joining Us!

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Intentional Visualization 1

August 7, 2023

