

WELCOME

Kindness & Compassion Towards Ourselves and Others

Mental Health Support Training and Consultancy Ltd

A moment or three of Self Kindness and care...

MINDFULNESS

Content :

- What do we mean by Kindness & Compassion?
- Words are not always necessary
- Being Kind & Compassionate to yourself
- Being Kind and Compassionate to others
- Covid 19 Context
- A word from the Rock
- How being K & C to ourselves helps us to be K & C to others
- Last words - Q & A

Kindness & Compassion: some definitions

Concise Oxford English Dictionary:

Kindness: 'Considerate and generous; not harmful and loving'

Compassion: 'Sympathetic pity and concern for the sufferings or misfortunes of others' ??

'A sensitivity to the suffering of self and others (and its causes) with a commitment to try and relieve it and prevent it' (Compassion Focused Therapy)

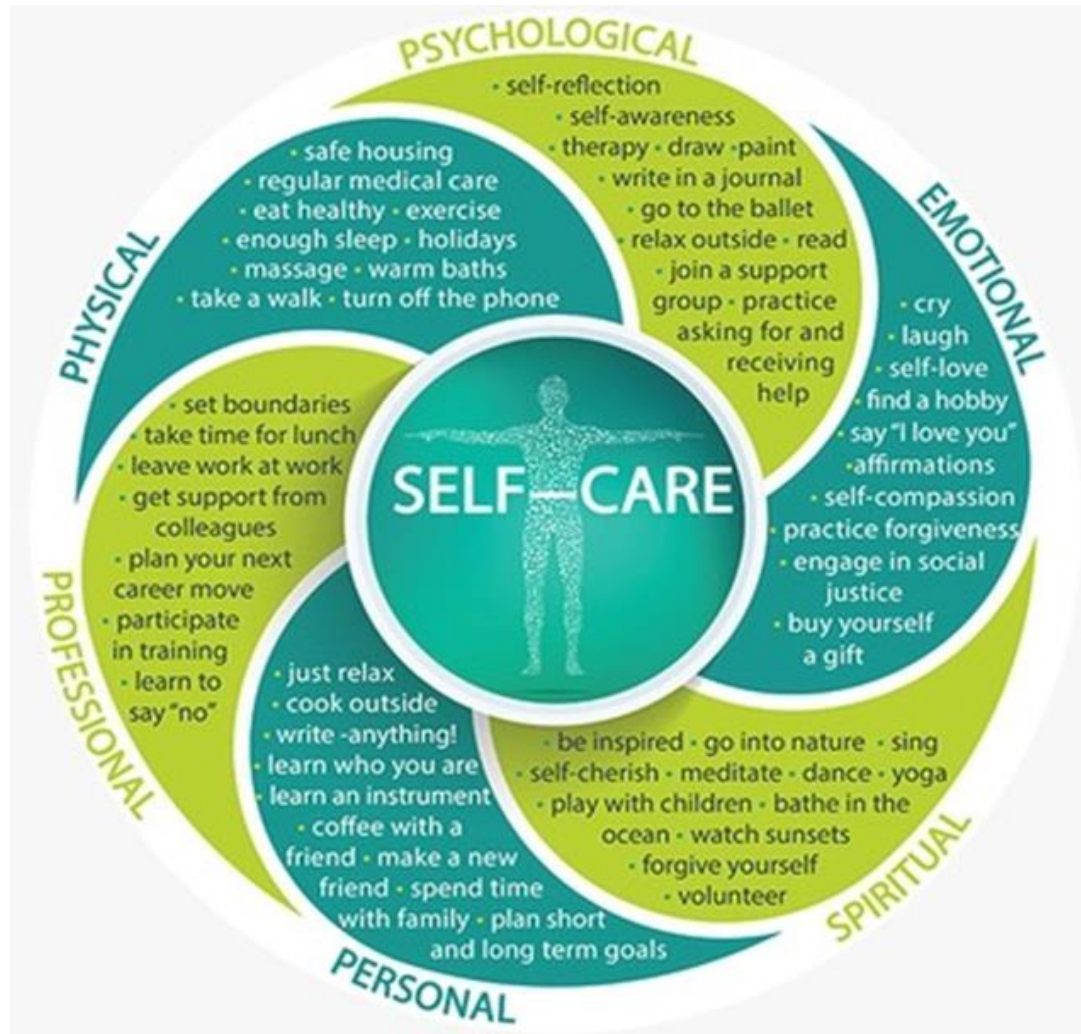
Courage, action, dedication and wisdom may be required...

'Courage and compassion are two sides of the same coin. Compassion without courage is not genuine. You may have a compassionate thought or impulse, but if you don't do or say anything, it's not real compassion.'

Sometimes words are not required...



Being Kind and Compassionate to yourself:



Being Kind and Compassionate to yourself:

- You are not responsible for everything that happens in your life
- You cannot control everything in your life - *try to focus on what you can*
- Self-Care Action:
 - Physical - Exercise, eat healthily, eat regularly...
 - Psychological - Reflection, talk, write a journal...
 - Spiritual - meditate, Pray, spend time with nature...
 - Workplace – take appropriate breaks, boundaries, peer support...

Whatever works for you

Self Care Assessment Worksheet available on my website:

www.mhs-training.co.uk

Being Kind and Compassionate to Others

- Take Compassionate action as appropriate to offer support: respond or ask
- From sympathy to empathy – ‘try to walk in their shoes...’
- Social Support: ‘any interaction with others that may leave us feeling wanted, needed or valued’ – supported
- Listen and communicate non judgementally – encourage them to seek professional support if necessary. Offer to help them find it if they are struggling while respecting their wishes.

Although sometimes we may not be able to help...

'It is often enough for a person in anguish simply to know that there is someone thinking of them, sharing in their pain and plight, even though that person may be unable to actually help.'

Become a Mental Health First Aider, Samaritan..?

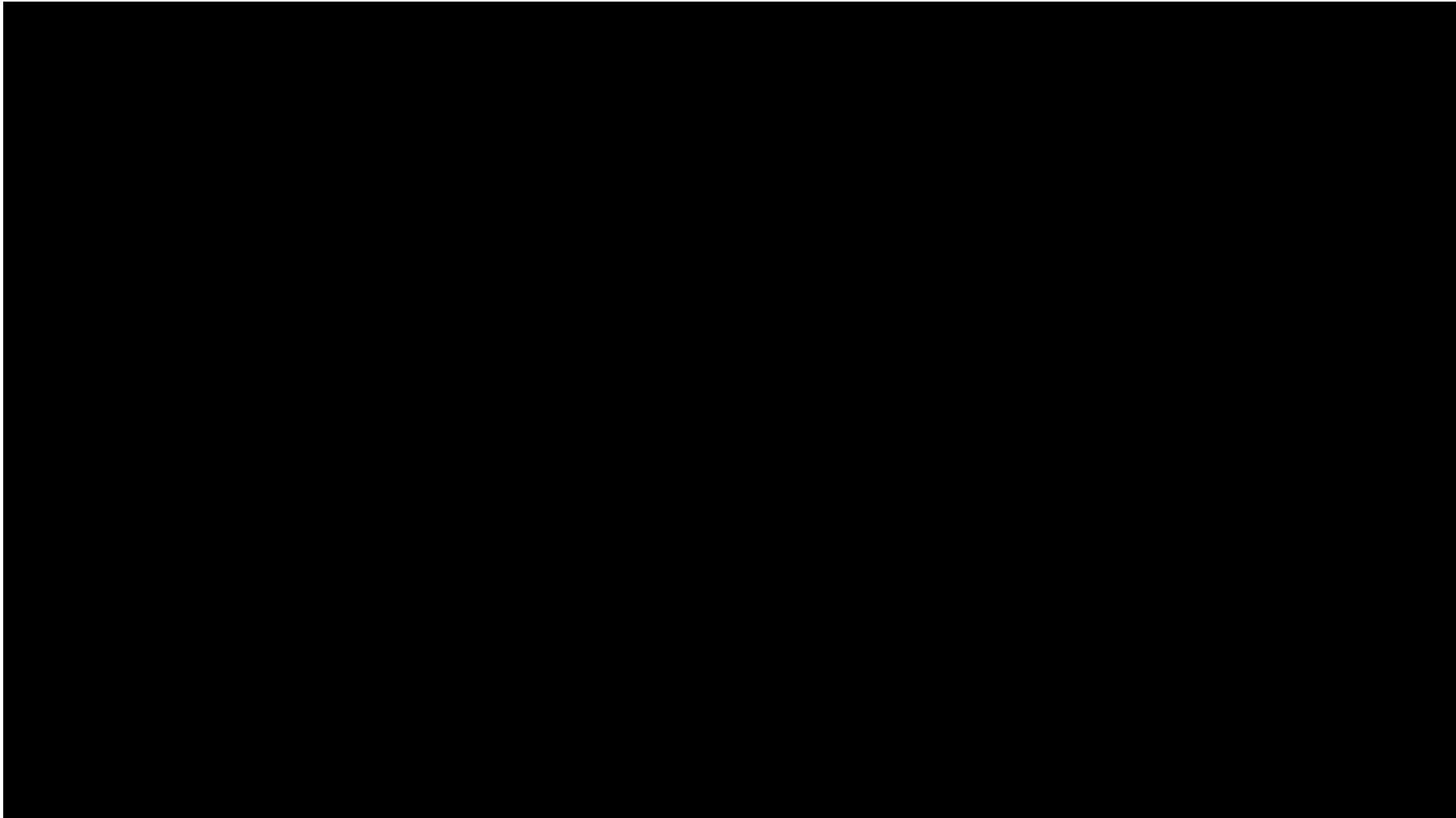
Covid 19 Care (www.mhs-training.co.uk)

Its an emotional Rollercoaster fuelled by anxiety – completely natural and to be expected

- Social Support: Staying connected with friends and family - by visual media where possible. Using this to support others. Play/interact with your pets/companion animals
- Maintaining routine by having a daily plan
- Keeping busy with hobbies, crafts, reading, films and home improvements; be creative, learn something new
- Physical wellbeing: walking/running and virtual exercise classes. Careful with caffeine, alcohol (other drugs) and food intake
- Spirituality: meditation, prayer, gratitude- whatever helps you
- Restrict media exposure – Keep aware but manage access to news and social media to avoid over exposure

Try to focus on what you can control: Hygiene, social distancing, media exposure...

A Word From The Rock



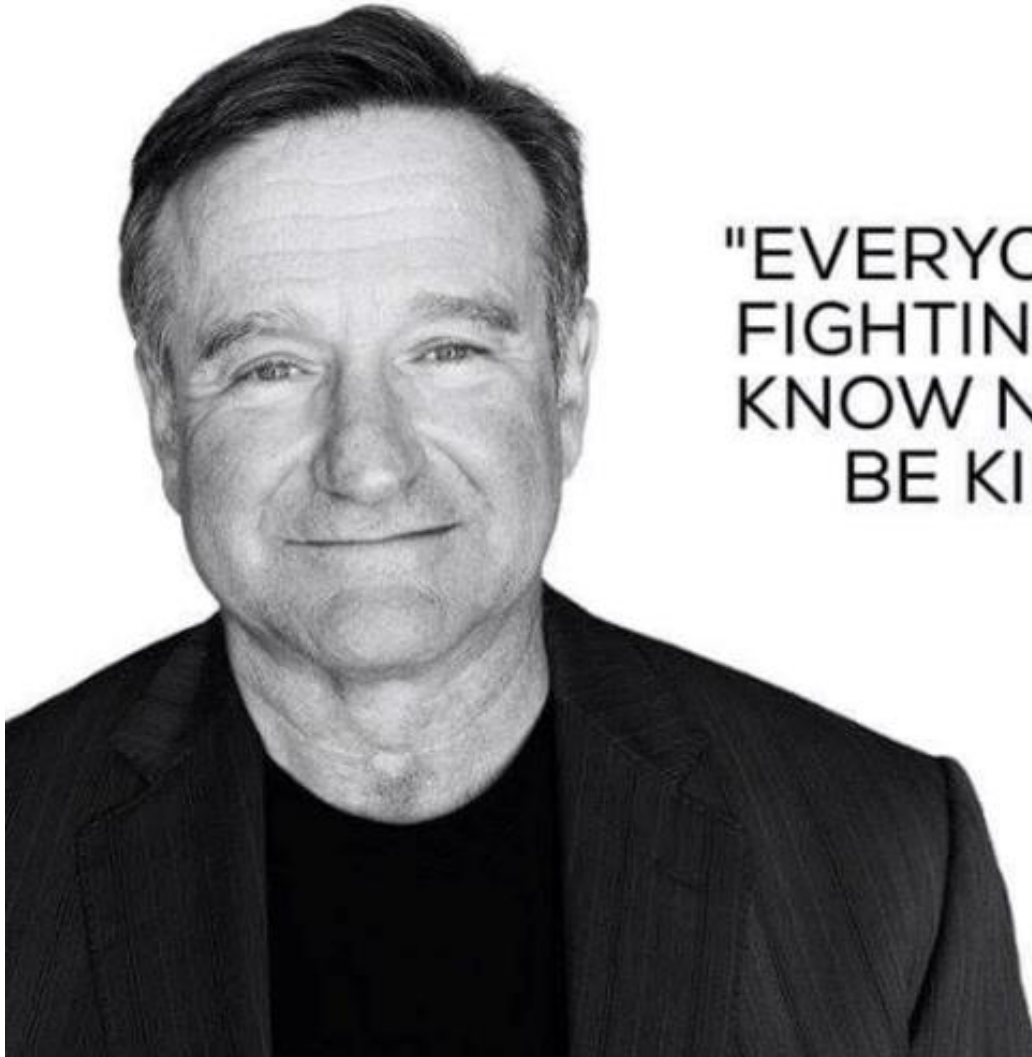
How being K & C to ourselves helps us to be K & C to others

- The better our wellbeing means more capacity to help others
- Helping others can further enhance our wellbeing (self esteem) and ability...

‘ When we care for others our own strength to live can increase. When we help people expand their state of life, our lives also expand. Actions to benefit others are not separate from actions to benefit oneself...’

Put your own oxygen mask on first!

Last Word...



"EVERYONE YOU MEET IS
FIGHTING A BATTLE YOU
KNOW NOTHING ABOUT.
BE KIND. ALWAYS."

- Robin Williams

Q & A?