



Facing Difficult Emotions

with Mindful Self Compassion

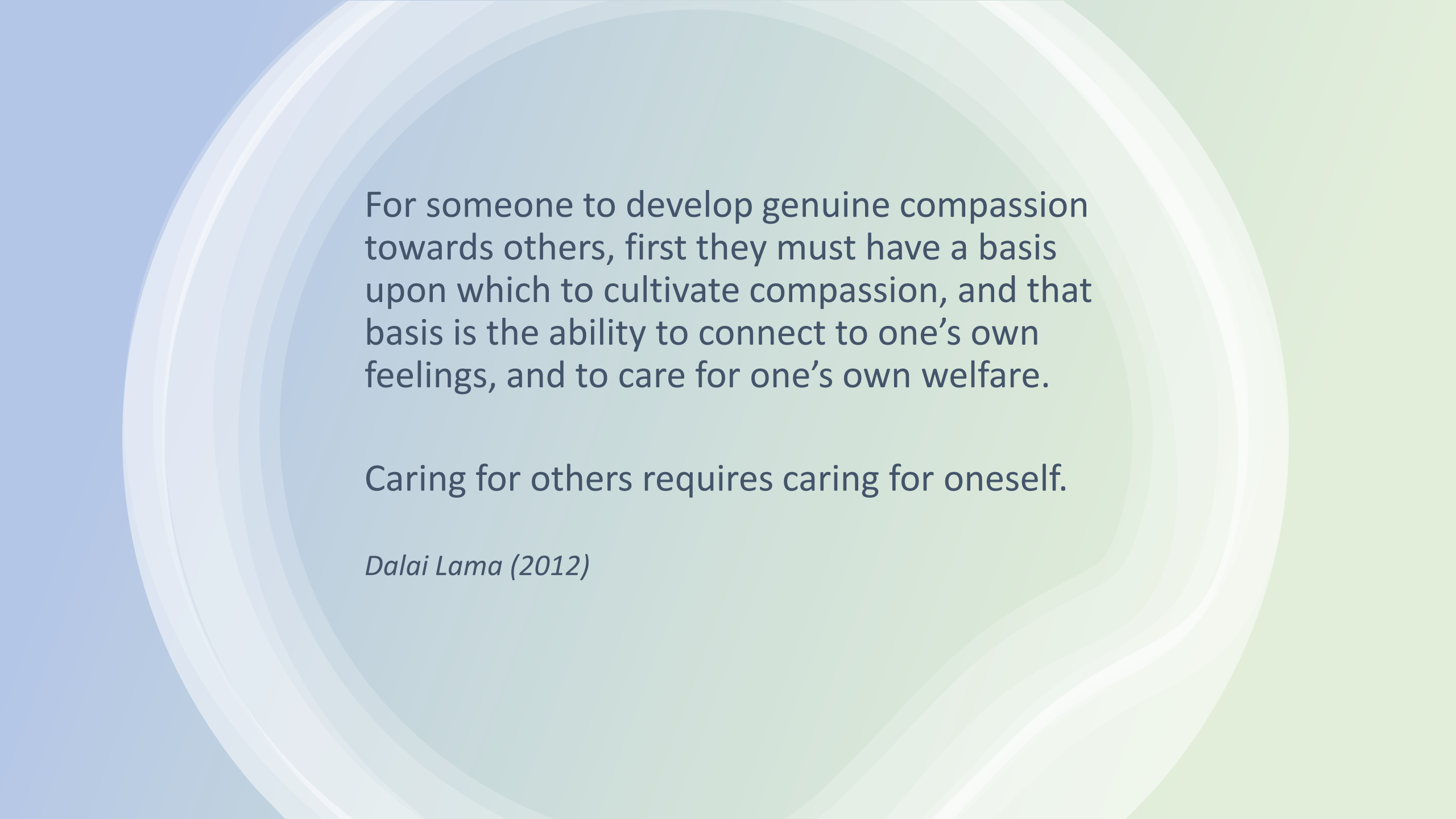
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In order to heal others, we first need to heal ourselves. And to heal ourselves, we need to know how to deal with ourselves.

Let us fill our hearts with our own compassion – towards ourselves and towards all living beings.

Thich Nhat Hahn



For someone to develop genuine compassion towards others, first they must have a basis upon which to cultivate compassion, and that basis is the ability to connect to one's own feelings, and to care for one's own welfare.

Caring for others requires caring for oneself.

Dalai Lama (2012)

What is Mindful Self-Compassion?



Compassion

- “Sensitivity to the pain or suffering of another, coupled with a deep desire to alleviate that suffering”



Self-Compassion

- “Sensitivity to the pain or suffering of another, coupled with a deep desire to alleviate that suffering”
- “When we struggle, we give ourselves self-compassion not to feel better but because we feel bad”
- “What am I experiencing now? vs ***“What do I need right now?”***”
- Focus on **Experiencer**



Warm gaze
Soothing Touch
Kind Words
Loving Actions



How do
you treat a
friend?

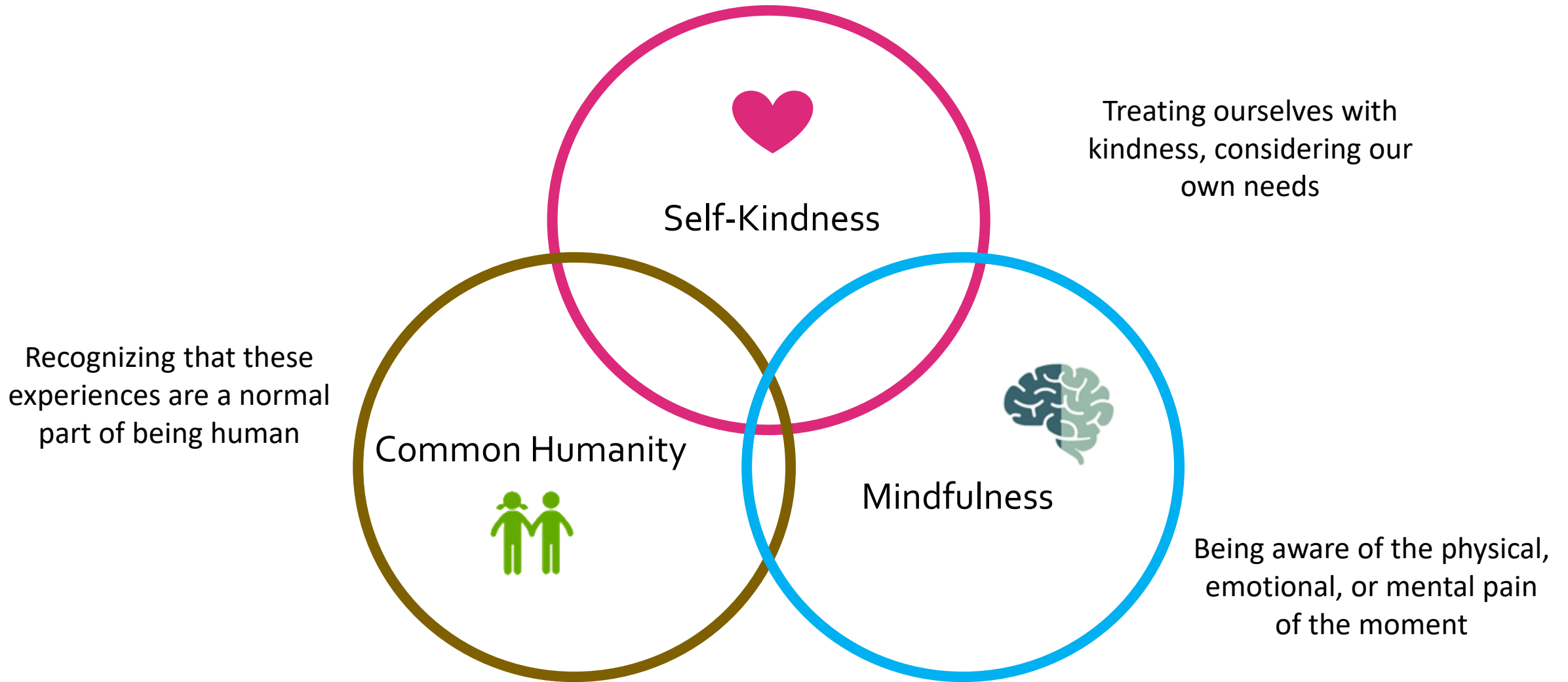


INFORMAL DEFINITION OF SELF-COMPASSION

- Treating ourselves with the same kindness and understanding as we would treat a dear friend when things go wrong.



Mindful Self Compassion





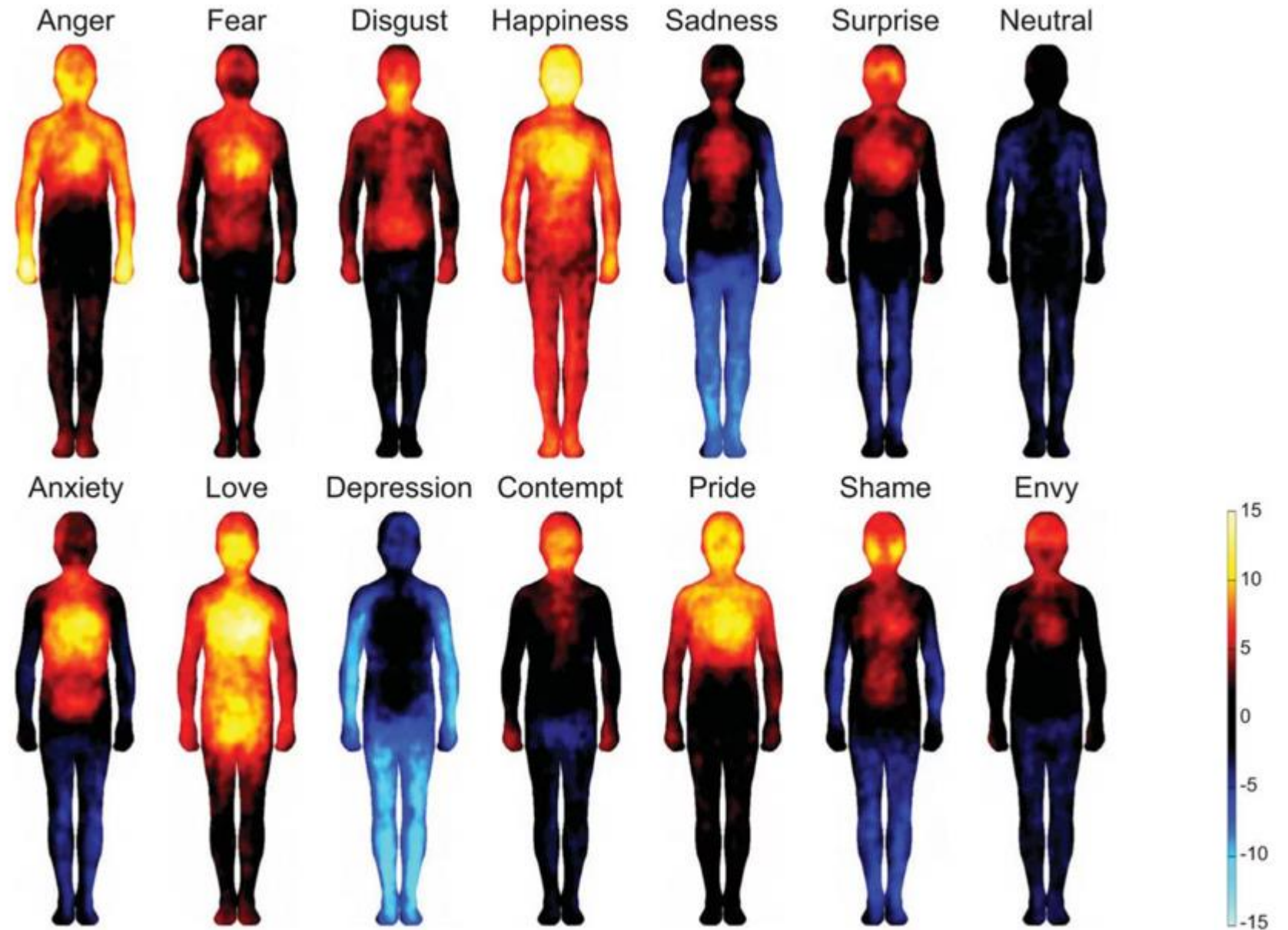
Labeling Emotions



But when they were asked to name the emotion, the ventrolateral prefrontal cortex activated and reduced the emotional amygdala reactivity. In other words, consciously recognizing the emotions reduced their impact.

Korb, Alex, PhD (Neuroscientist, UCLA) . The Upward Spiral (p. 44). New Harbinger Publications.

Maps of Emotions





Brewer, Judson. Unwinding Anxiety
Penguin Publishing Group.



"A FEELING OF WORRY, NERVOUSNESS OR UNEASE, TYPICALLY ABOUT AN IMMINENT EVENT OR SOMETHING WITH AN UNCERTAIN OUTCOME"



Habit Loop on Anxiety

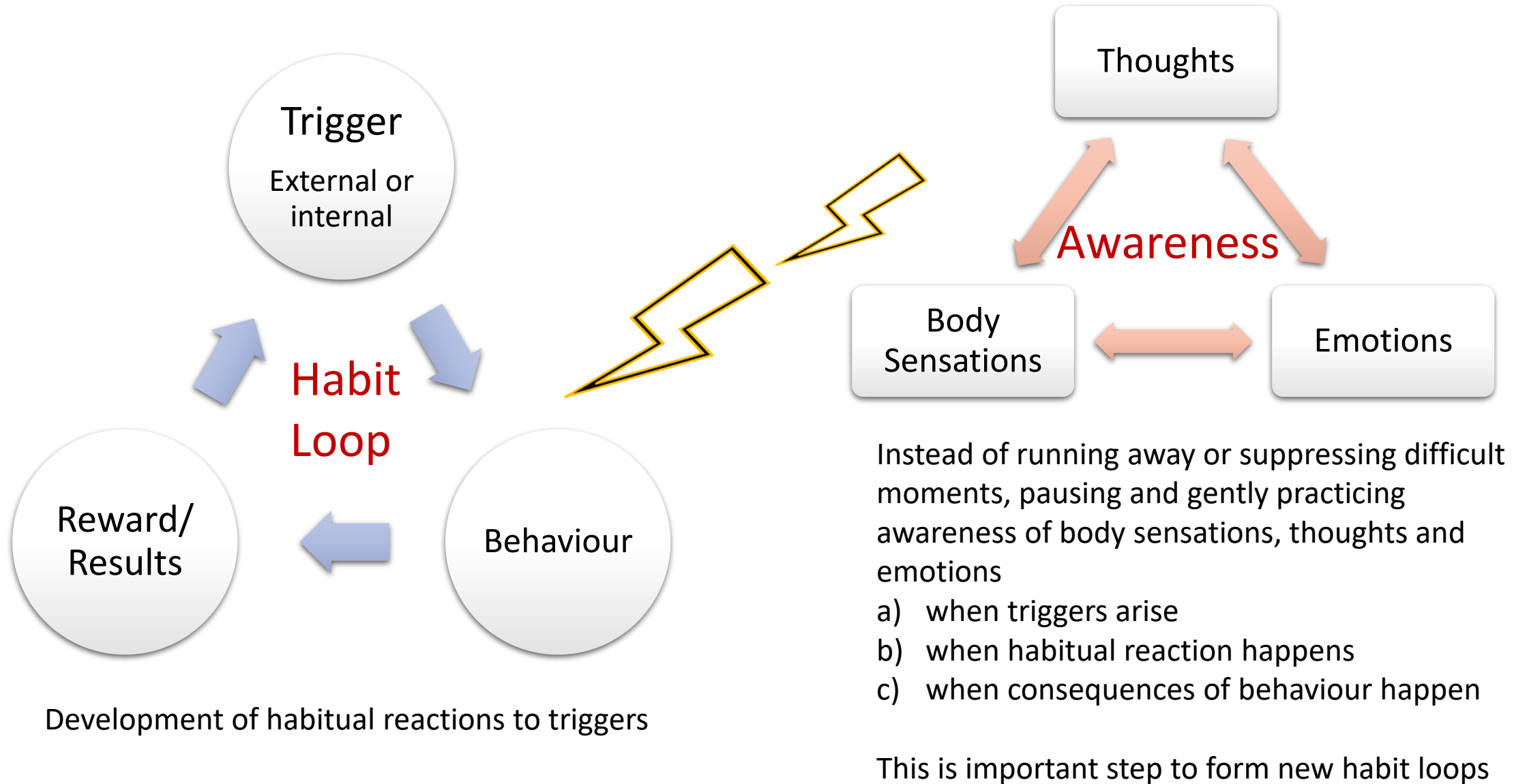
**Brewer, Judson. Unwinding Anxiety
Penguin Publishing Group.**



HABIT LOOPS



Meeting the unwanted



Let's give it a try!



RECALLING A RECENT STRESSFUL
EVENT...

How anxious are you feeling right now?

0 1 2 3 4 5 6 7 8 9 10



not at all

most ever

What triggered these feelings?



Thoughts about a future event



Thoughts about something I have not finished



Thoughts about something that happened to me in the past



Certain feelings or sensations in my body



Seeing or hearing something



Other

**Where do feel stress or anxiety most
in your body right now?**



Head



Shoulders



Arms



Chest



Abdomen

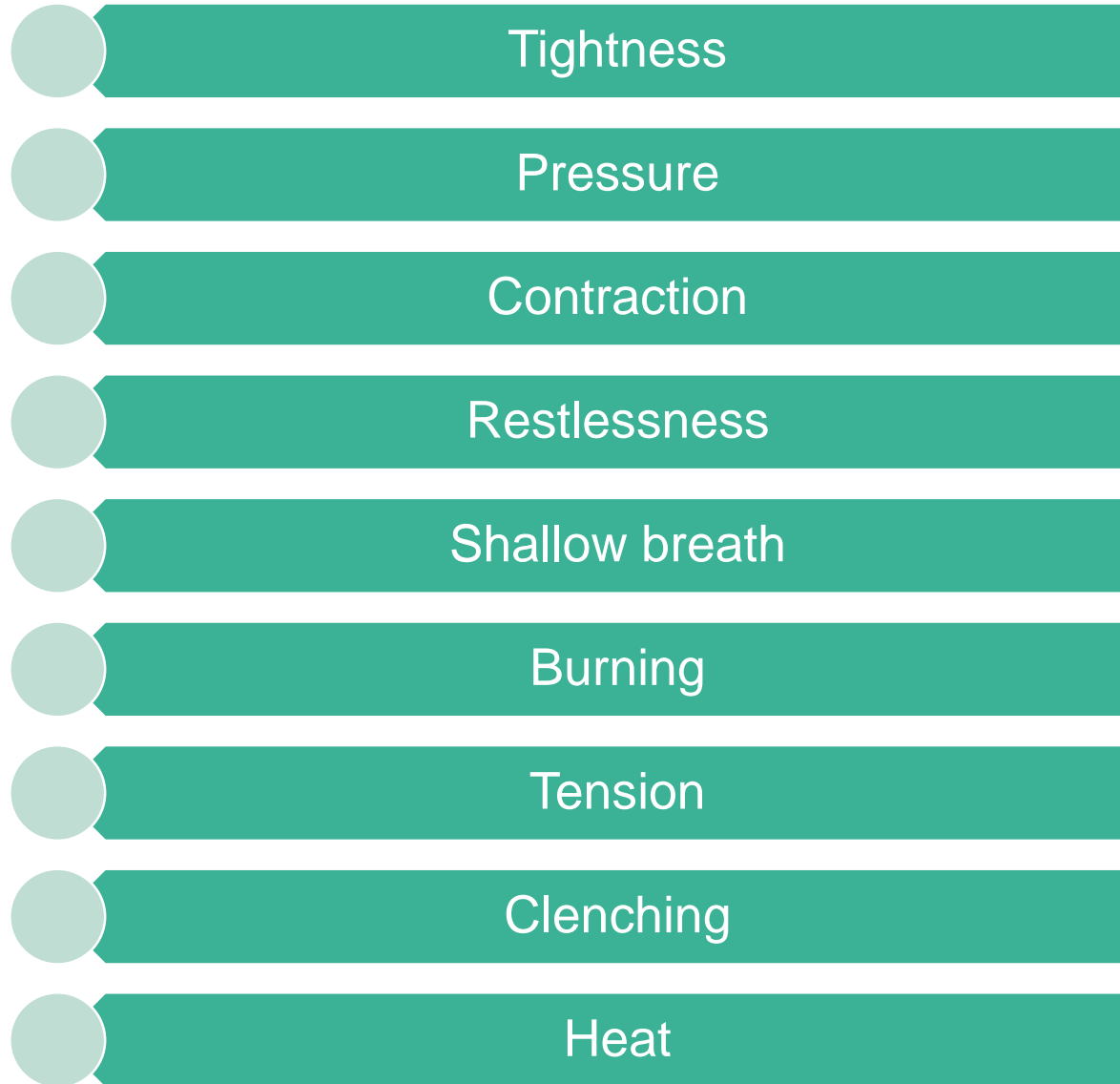


Back



Legs

**What sensation do you feel the most
right now in that area?**



Tightness

Pressure

Contraction

Restlessness

Shallow breath

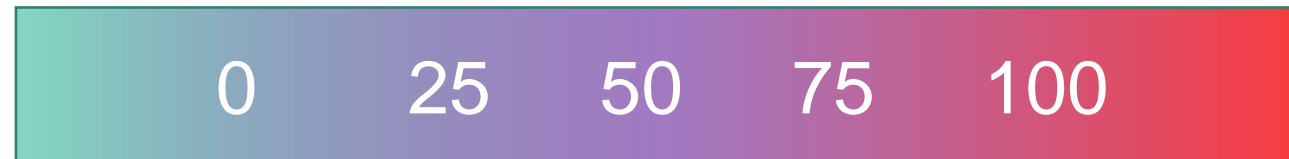
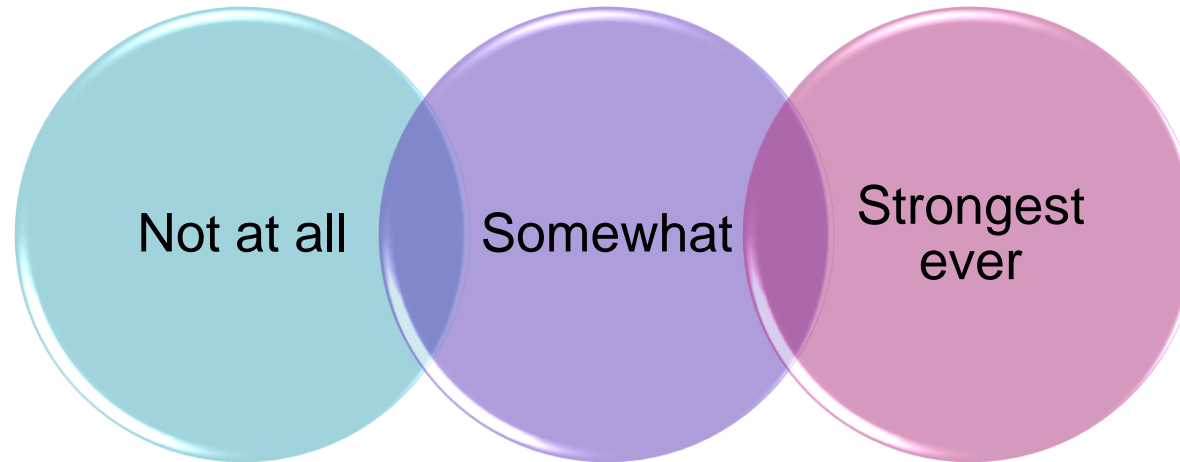
Burning

Tension

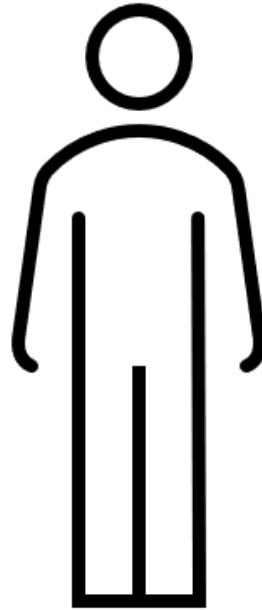
Clenching

Heat

How intense is this sensation?

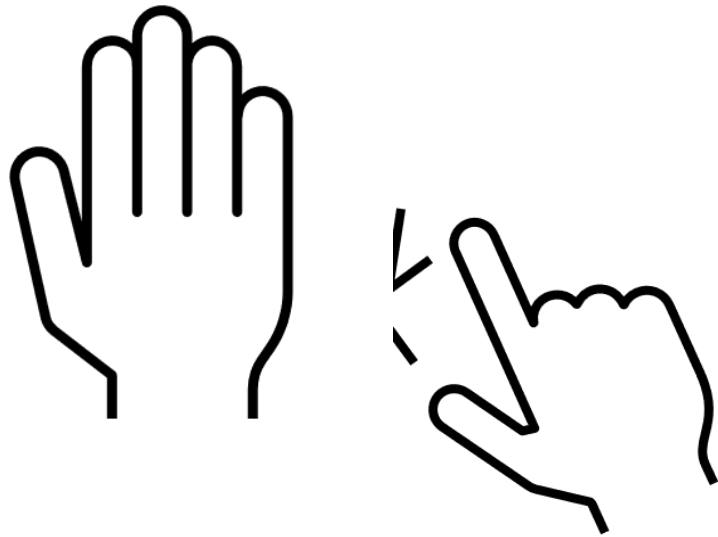


Take a moment to explore this sensation.
If you had to pick one side or the other, is it
more in the right or left side of your body?





Let's do another short mindfulness practice



S.T.O.P.



S

Stop for just a moment

Soles of the Feet to ground you



T

Take 3 breaths

Inhale

Exhale

Repeat



O

Observe your experience

My mind is...

My body is...

My heart is....

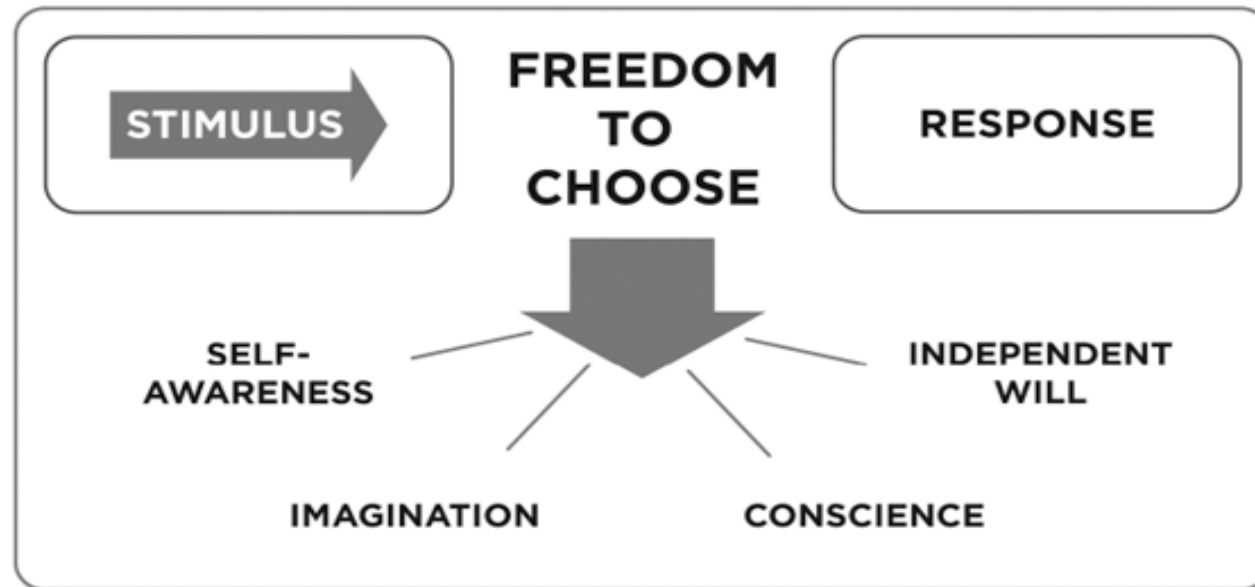


P

Proceed

Present & reconnect with your chosen activity...

Between Stimulus and Response, Man has the Freedom to Choose



Covey, Stephen R. on Viktor Frankl.
The 7 Habits of Highly Effective People

there's no handbook
for any of this

there are no hard and
fast rules for times
like these

you're doing the best you can

holding things together
while the world falls apart

in this age of fear and fret
you don't need to be perfect;

you just need to be gentle
with yourself and everyone else

because that's all you
can really control, isn't it?

yes, things might unravel a
bit more before this is
all done

you might as well

and it's okay if
you do

while the world
is resetting
it's router

we can take turns
deciding who gets
to cry on the couch

we can take turns becoming
a balm for one another

we can take turns yelling
up into the silent sky

we can take turns
having insomnia

we can take turns being
confessionals for one another

we can take turns brushing
the tears off each other's face

don't worry about getting
all of this right

you won't

don't worry about making
mistakes

you will

~you're doing the best you can

there is only one great
commandment for
enduring a storm – and it's this:

go easy,
my love,
go easy