

Place of compassion



breath
works



Roseto effect –
why sense of
connectedness
is important

- Pennsylvania 1964
- Close knit, caring
community
- Low consumerism, low
income disparities

Roseto effect –
why sense of
connectedness
is important

- Cardiac mortality under 45 = 0
- 65+ = 50% national average
- Crime rate = 0

Roseto effect –
why sense of
connectedness
is important

- Health declined as close knit community broke up
- Individualistic society – health and well being declined
- 1992 = national average stats

Survival of the kindest

→ Kindness and social connectedness led to survival of those who were able to cooperate

Three major emotion regulation systems

THREAT

Fight/flight/freeze

Seeking safety by running away,
giving in, withdrawing, attacking,
shutting self off or rejecting others

Anxiety, anger, aversion, isolation

HORMONES:

Adrenaline, cortisol

DOING MODE

Three major emotion regulation systems

ACHIEVING

Go getting, wanting, striving,
succeeding

Drive, excitement, pleasure,
'buzz', vitality

HORMONES:

Dopamine

DOING MODE

Three major emotion regulation systems

SOOTHING

Feeling safe, relaxed, not
wanting – just being, closeness
with others, fun, play,
kindness, compassion

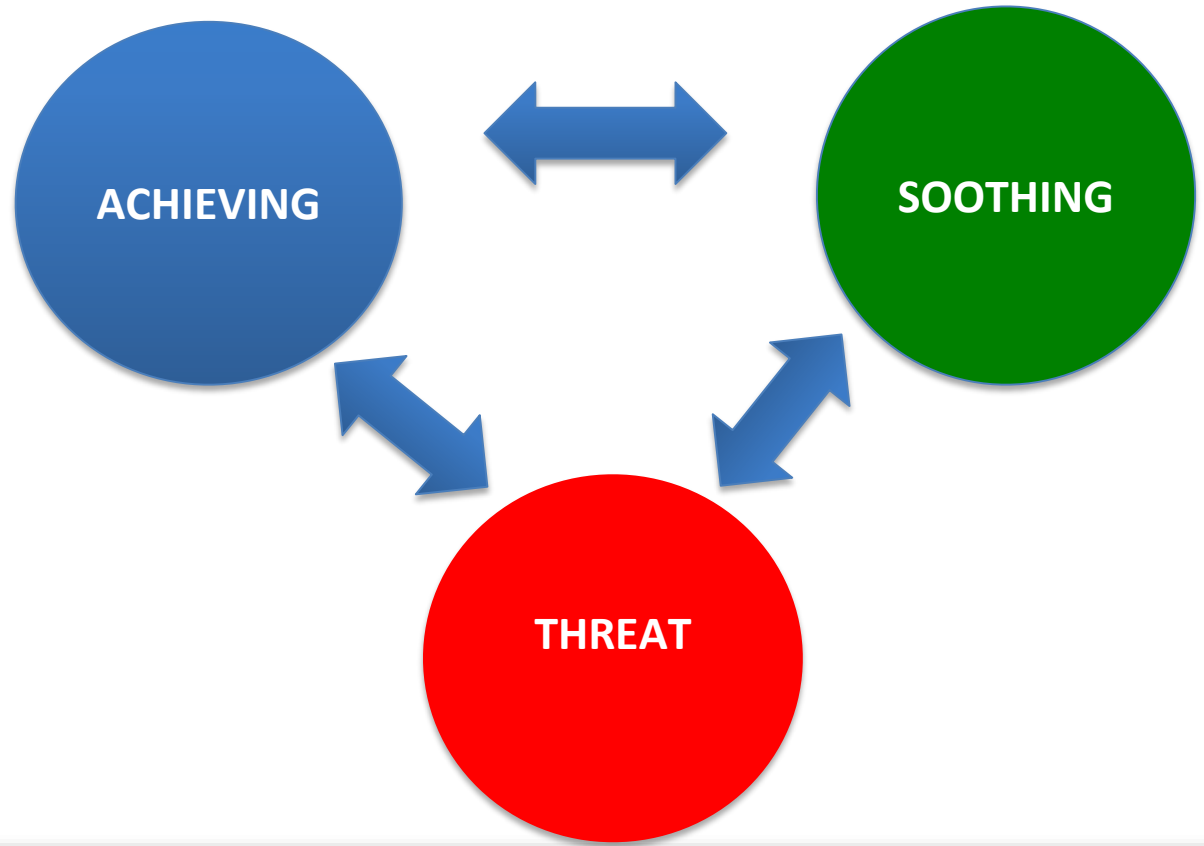
**Content, safe, connected,
peaceful**

HORMONES:

Oxytocin, endorphins

BEING MODE

Three major emotion regulation systems



FROM PAUL GILBERT

Three major emotion regulation systems



*People with
pain often
bounce between
achieving and
threat*

Three major emotion regulation systems

*Need to
cultivate
soothing
system*



*Hang out in the
green zone*

Importance
of self-
compassion

*Tenderness and kindness
towards self = crucial*

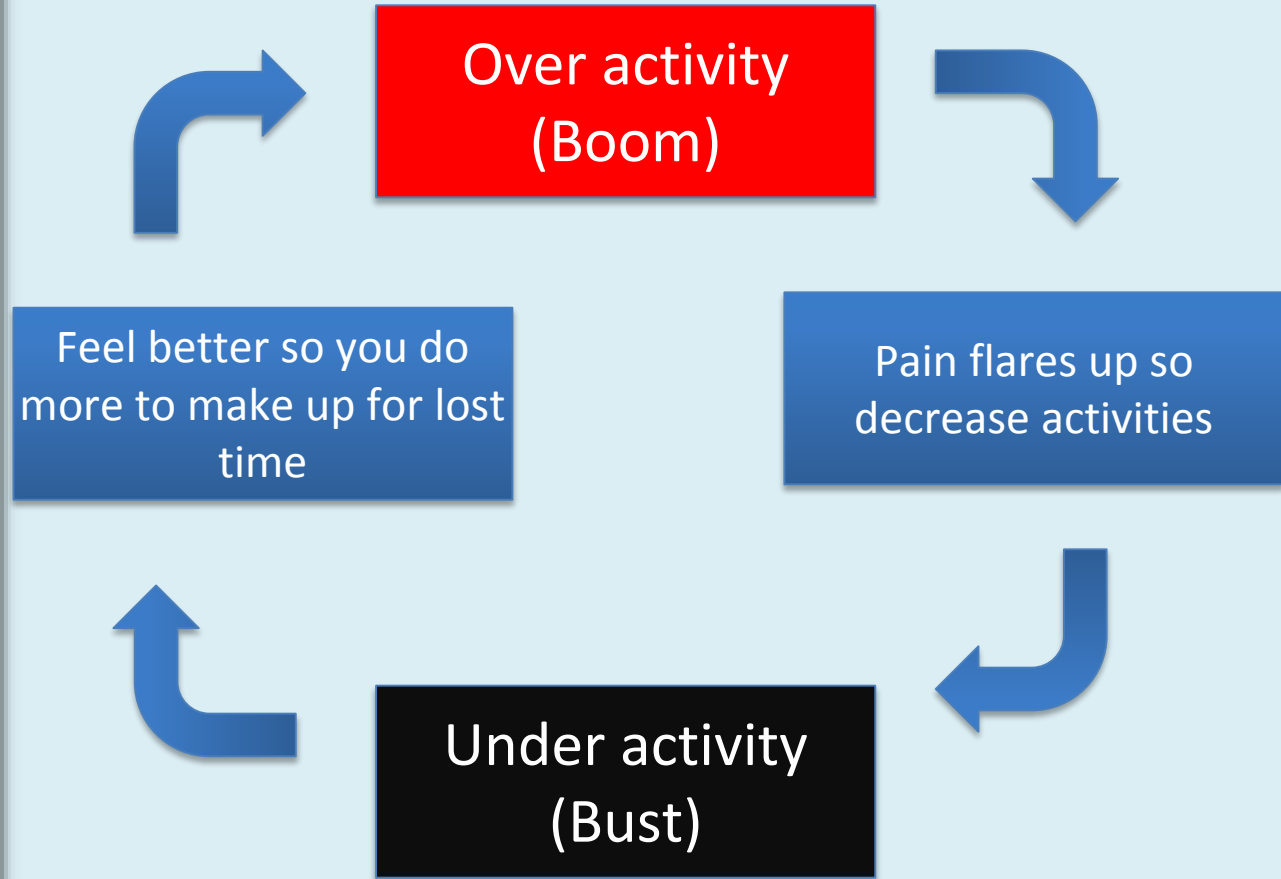
Mindfulness
in daily life as
practice self-
compassion



breath
works



Mindfulness in daily life



Mindfulness in daily life

DIAGRAM: OVERACTIVITY/UNDERACTIVITY CYCLE



WEEK THREE – Mindfulness of Daily Activity Diary Example Sheet

DATE 26 th April					
TIME	ACTIVITY	TIME TAKEN	PAIN AT END (1-10)	TENSION AT END (1-10)	0 (NO CHG IN PAIN) + (INC IN PAIN) - (DEC IN PAIN) R (REST)
8.25 - 8.50	Meditate - sitting up	25'	7	6	
9.05	Continue meditating - lying down	15'	6	5	-
9.25	Continue meditating - sitting	20'	7	6	+
9.45	Shower and dress	20'	7	7	0
10.45	Breakfast - sit at table	1 hr	7	7	0
11.30	Lie on bed and read	45'	6	5	-(R)

Mindfulness in daily life



WEEK FOUR – Mindfulness of Daily Activity Analysis Example Sheet

DIARY EXTRACT (from one whole week's diaries) (diary extract example sheet)		
+	0	-
(extra pain)	(no great change from 'normal' pain)	(reduced pain)
<i>Packing videos (1 hr)</i>	<i>Meditation (50')</i>	<i>Relaxation tape (30')</i>
<i>Drove to shop (50')</i>	<i>Lunch - sit up (40')</i>	<i>Lie on floor to watch video (2 hrs)</i>
<i>Potter at desk (2 hrs)</i>	<i>Dinner - sit up (1 hr)</i>	<i>Meditate - lying down (15')</i>
<i>Drove & get video (1 hr 25')</i>	<i>Shower and dress (20')</i>	<i>Lie on bed and read (30')</i>
<i>Meditate - sitting (25')</i>	<i>Breakfast - sit (1 hr)</i>	<i>Lie on bed & talk to friend (30')</i>
<u>MEDITATE - SIT (20')</u>	<i>Get dressed (10')</i>	<i>Lie down for breakfast (50')</i>
<i>Swim and shopping (30')</i>	<i>Lie down in meeting (3 hr)</i>	<i>Lie down for lunch (55')</i>
<i>Lunch - sit (45')</i>	<i>Drive to shops (20')</i>	<i>Lie down in Meeting (3 hrs 15')</i>
<i>Supper - sit (30')</i>	<i>Breakfast in bed (60')</i>	<i>Lie down and read (3hr 15')</i>
<i>Drive to meeting (1 hr)</i>	<i>Shower and dress (20')</i>	<i>Lie down and read (45')</i>

Mindfulness in daily life

Mindfulness in daily life

- LIFE-CHANGING
- Missing link in my mindfulness practice for many years
- Has enabled me to get back to work and be MD of rapidly growing social enterprise

Mindfulness in daily life

- Learn to take body and breath awareness into all activities
- Balanced effort