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Cultivating Compassion & Connection with Resiliency

About me...



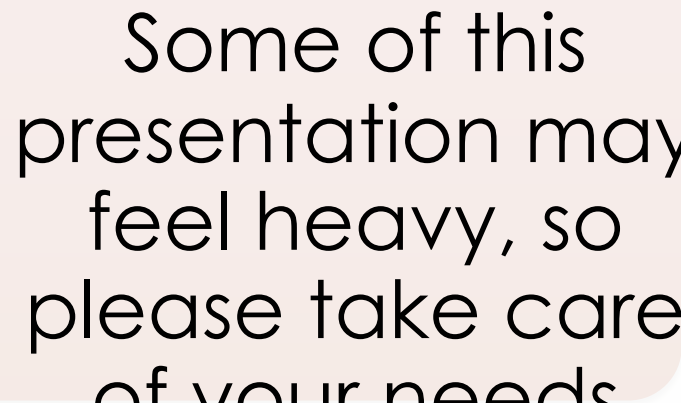


Learning Outcomes

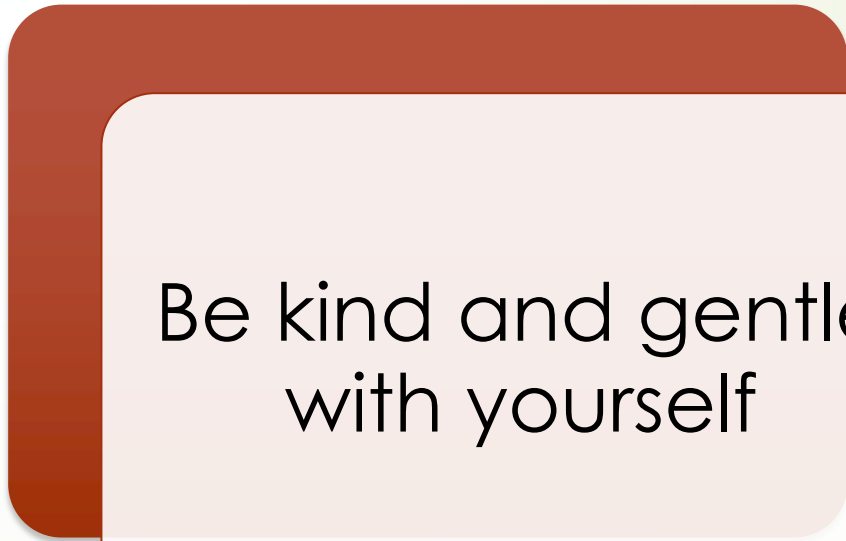
- **It is my hope that after today you will:**
 - How compassion differs from empathy, sympathy, kindness and mindfulness
 - Understand the science of compassion and the connection to your heart
 - Gain tools to help you navigate the challenges of being human
 - Understand why cultivating self-compassion can be difficult
 - Learn ways to foster compassion for self and others
 - Understand the positive impact of compassion



Please honour what you're feeling



Some of this
presentation may
feel heavy, so
please take care
of your needs



Be kind and gentle
with yourself

Sympathy – “I
feel sorry for
you”

Empathy – “I
feel what you’re
feeling”

Compassion – “I
feel what you’re
feeling, and I
want to help”

Kindness - “I
want to do
something nice
for you”



Sympathy
Empathy
Compassion
Kindness

We all have a
unique
perspective



You will view my story with the lens of
your life perspective. Your life story.

You will try to make sense of my story in
the context of your story.





Mt. Acatenango

Wendy



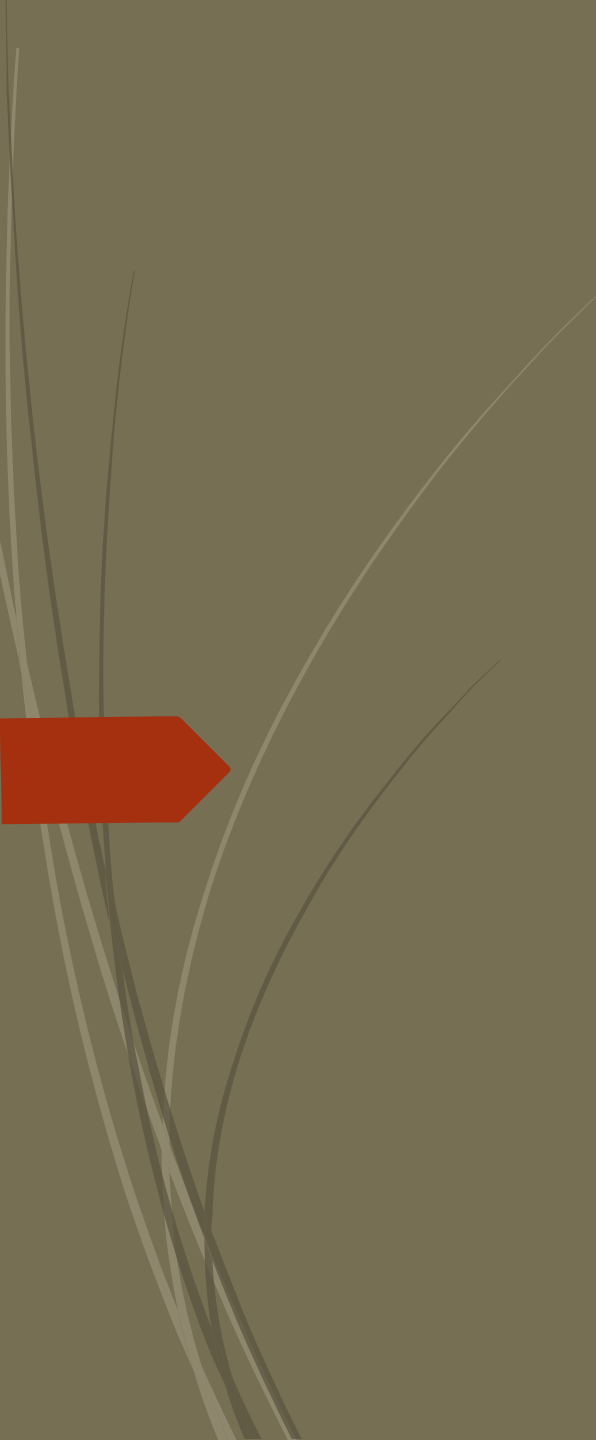
We all have a unique perspective

Reflection

You will view my story with the lens of your life perspective. Your life story.

You will try to make sense of my story in the context of your story.

When you can hear my story through the context of my life, while refraining from judgement, you are cultivating compassion.



One expression of true
compassion is when we can
hold love and light for others in
dark moments, without
draining our own battery and
joining them in the dark.

Childre, Doc; Martin, Howard; Rozman, Deborah; McCraty, Rollin. Heart
Intelligence: Connecting with the Intuitive Guidance of the Heart .
Waterfront Press. Kindle Edition.

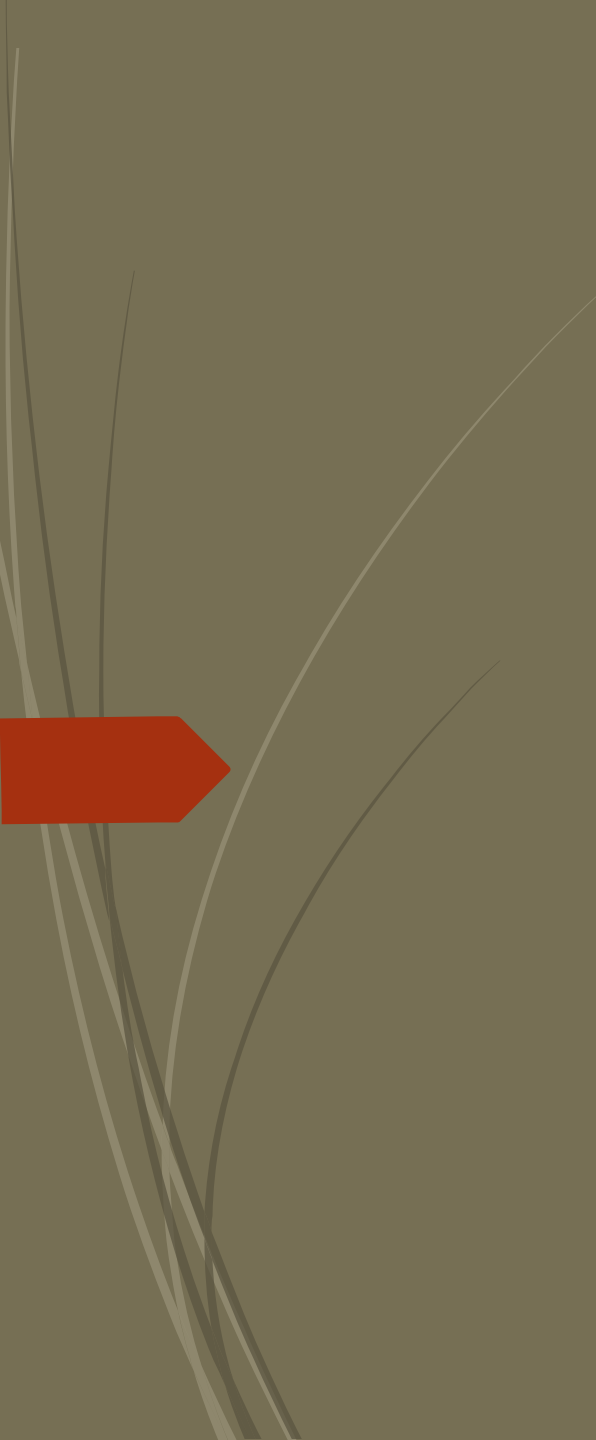
Mindfulness

"I am aware of what
my body is sensing
and feeling"

"I am going to
remain as present as
possible"

"I am going to
refrain from
interpretation or
judgement of this
situation"

Mindfulness



Between stimulus and
response there is a space. In
that space is our power to
choose our response. In our
response lies our growth
and our freedom.

Viktor E. Frankl

The Benefits of Compassion

- Provides an elevated mood
- Buffer and antidote for loneliness
- Promotes a more resilient mind
- Buffer and antidote for burnout
- Promotes a sense of purpose
- Provides clarity of moral thinking and values
- **Promotes social connection**



Compassion
Institute™

<https://www.compassioninstitute.com>

Connection

“Do I feel
seen?”

“Do I feel
heard?”


“Do I feel
safe?”

Connection

We are all Interconnected

We are hardwired for connection

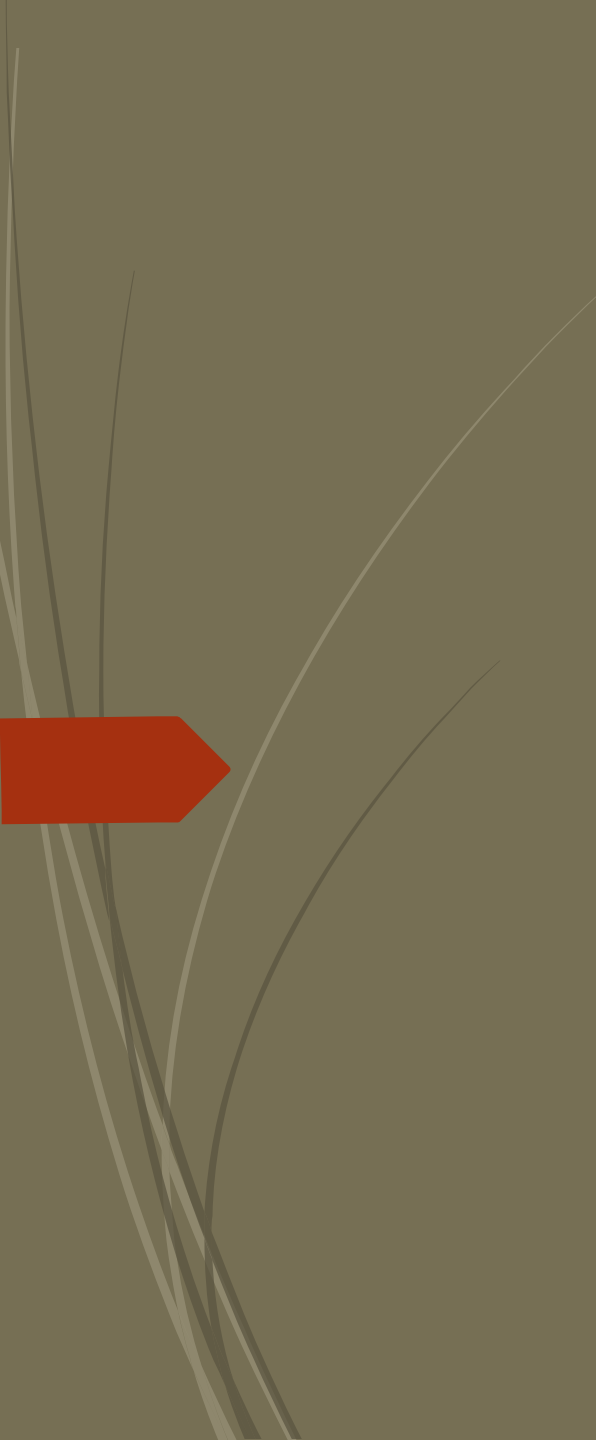


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- The human heart generates the largest electromagnetic field in the body
 - The magnetic component of the heart's field is approximately 5000 times stronger than that produced by the brain
 - The human heart can be measured several feet away from the body
 - Evidence now supports the perspective that a subtle, yet influential electromagnetic or "energetic" communication system operates just below our conscious level of awareness
 - The vibrational pattern of the heart's field changes based on attitudes, emotions and intentions
 - The heart's vibration can affect the mental and emotional state of those that we come in contact with
 - Self-compassion is a higher vibrational frequency sourced from the love and power of our heart and soul
 - They put sensors in New Zealand, Canada, the USA, Africa, Saudi Arabia and Lithuania. The sensors constantly monitor fluctuations in the earth's energy field.

Life

Being a human is hard





We can't ignore
our pain and feel
compassion at the
same time.

Brené Brown



What is our pain that Brené Brown referred to?

Our Family System

Generational trauma

Childhood Trauma

Loneliness

Depression

Lack of safety

Feeling misunderstood

Not living authentically

Inner World

Aspects of myself no one sees



It's the stuff in the basement of our psyche
that we keep to ourselves

Shadow Self or Inner child work



What are the aspects of ourselves that we hide from others?

Sadness

Fear

Shame

Guilt

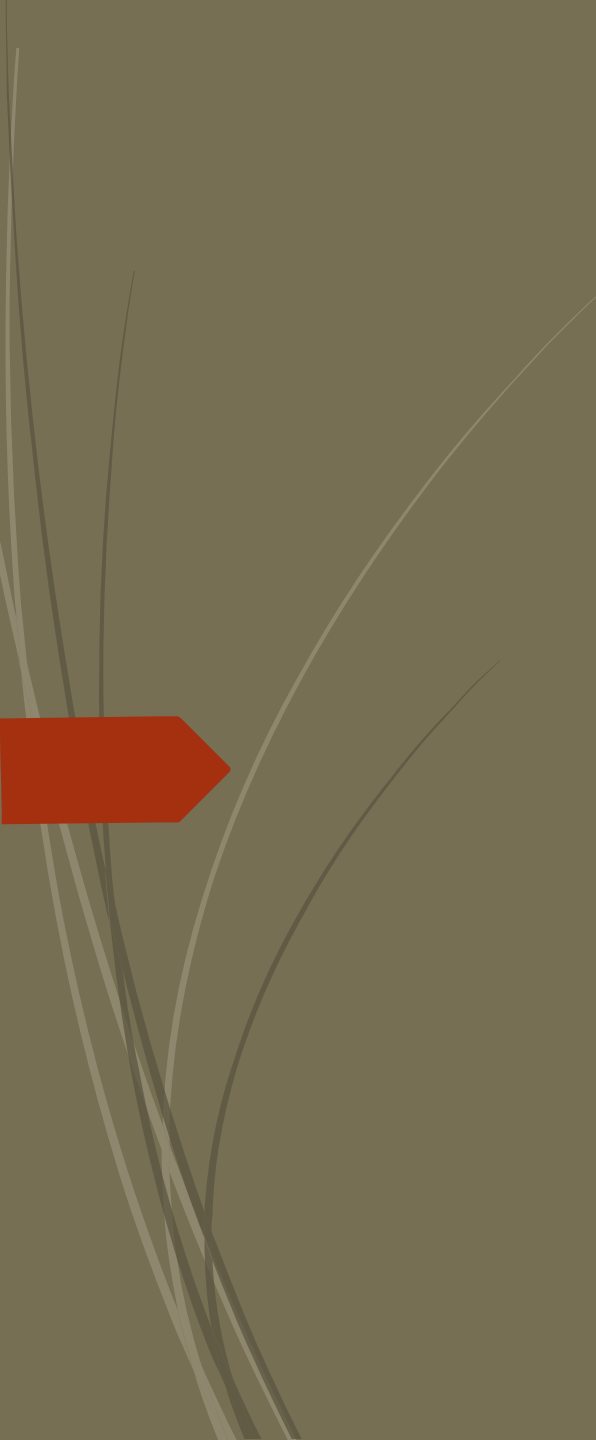
Apprehension

Unworthiness

Pride

Overwhelm

Loneliness



It's hard to practice
compassion when we're
struggling with our
authenticity or when our
own worthiness is off-
balance.

Brené Brown

Outer World

What I let others see



The outer world is usually not about feelings, it is more about 'the show', it is the projection of the life we want others to believe we are living.

Our mask – Will Smith Moment



What is the mask we wear?

All going on

Perfect parent

Great job

Wonderful teacher

Great kids

Financially Abundant

Travel

Wonderful partner

Living their best life

Inner world & Outer World Meet

Conflict, disease and challenges



It is painful to experience the full range of feelings and emotions that reside in our inner world



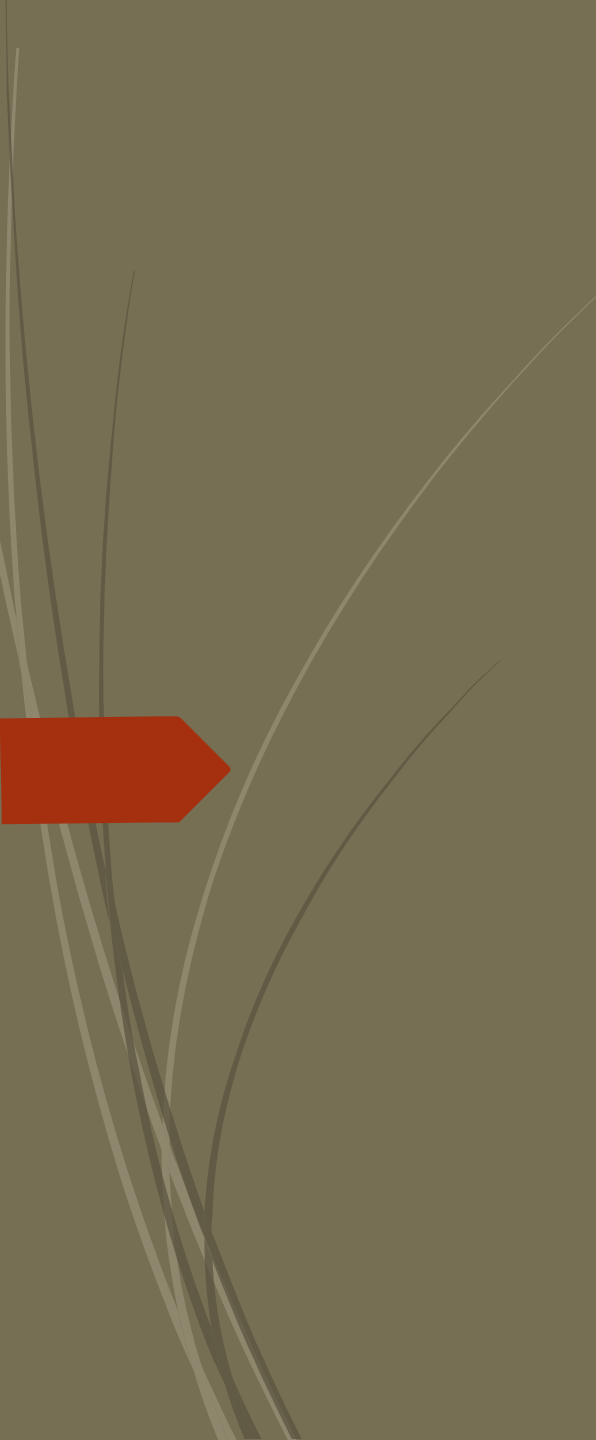
We don't know how to allow people to see our inner world without the fear of shattering our outer world



We assume that if we let people see our inner world by expressing our feelings and emotions that they will not like what they see and will judge us, or worse, outwardly reject us



Being rejected challenges the belief about who we are, and how others see us, so it is something we avoid at all costs



Let go of who you think
you should be in order to be
who you are. Be imperfect
and have compassion for
yourself. Connection is the
result of authenticity.

Brené Brown

Authentic Connection & Compassion

Compassion requires connection

- There is an abundance of research that shows that we are happier, healthier, and more engaged with all aspects of life when we have authentic, meaningful relationships with others and ourselves.
- Your true authentic self gives people the opportunity to know what is going on for you. This allows them the space to cultivate compassion for you.
- When you are true to yourself and have an authentic relationship with yourself it allows you to have more compassion for self and others.

Question

Think about a person
you feel close to.

What qualities do they
have that make them
a great friend?



You can cultivate more authentic connections by:

Let your inner world shine

Courage

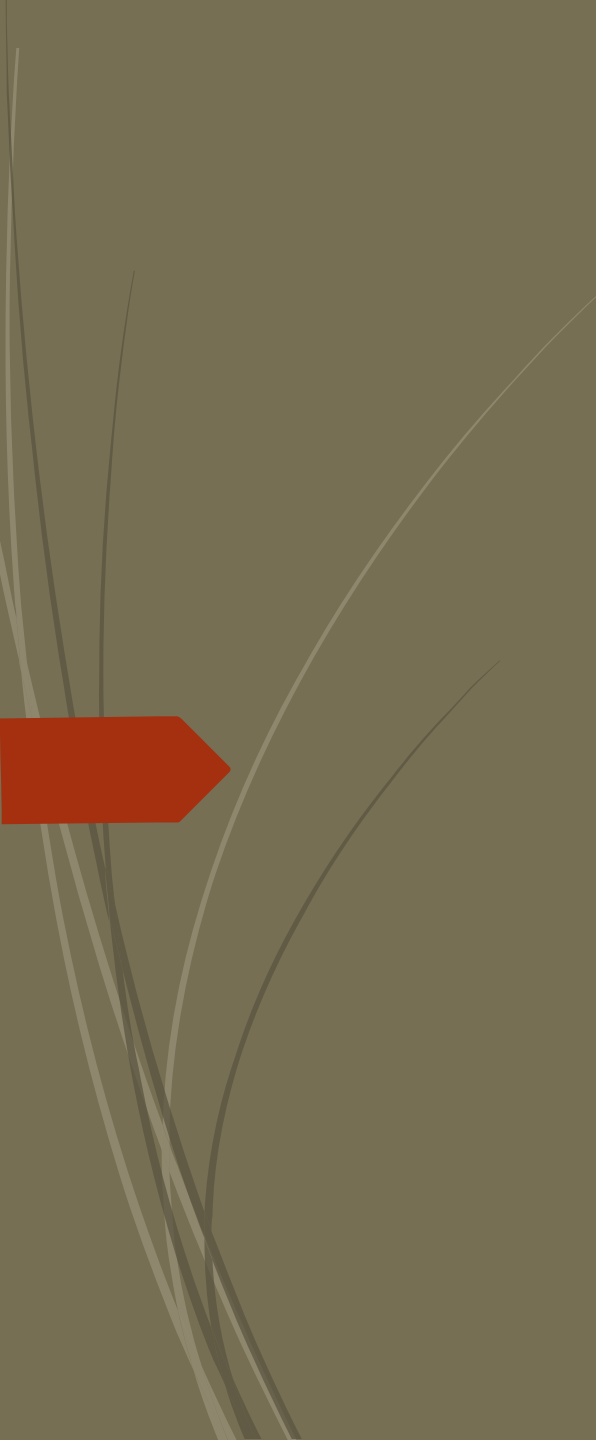
Vulnerability

Honesty

Perseverance

Trust

Safety



We can talk about courage and love and compassion until we sound like a greeting card store, but unless we're willing to have an honest conversation about what gets in the way of putting these into practice in our daily lives, we will never change. Never, ever.

Brené Brown

Safety to Share

We need to create a safe container

Whether you are creating a container for yourself, a friend, colleague, family member or student, everyone needs to feel it is safe to share

- **Context** – Brain needs to know what is going on.
- **Choice** – you are willing to go there?
- **Connection** – do you feel seen and understood?

Question

What conditions are necessary for you to be able to feel compassion for another person?



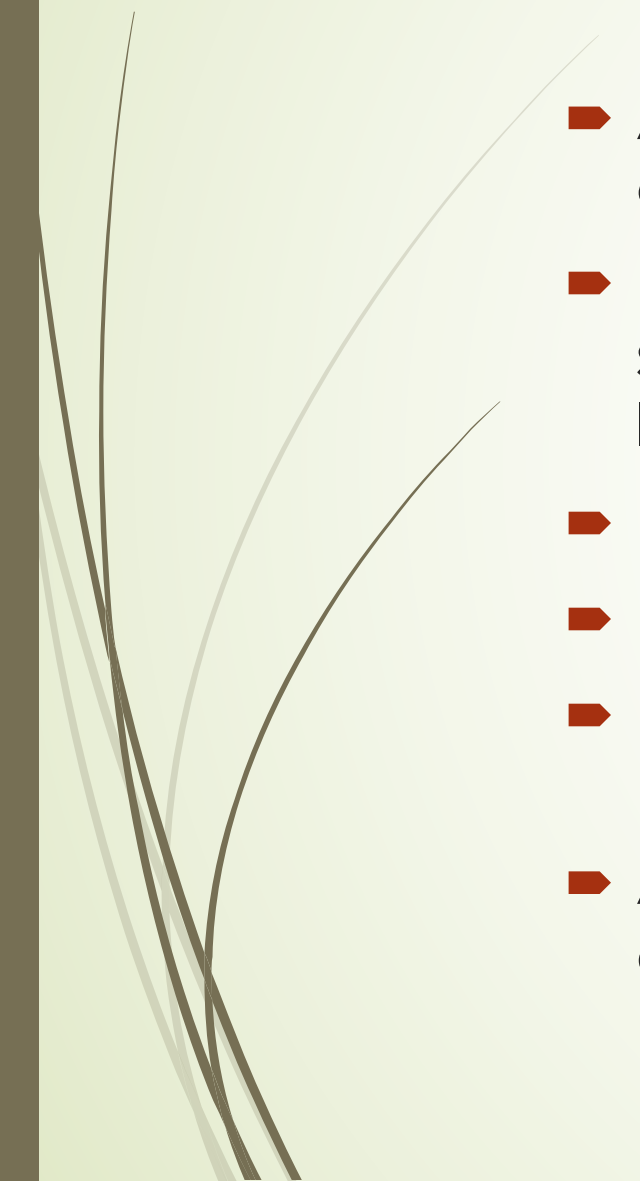
Cultivate Compassion



- Lead with Love and an open heart
- Breathe and be present
- Refrain from judgement
- Remember you never know what someone else is going through
- See them as innocent – visualize that inner child graphic
- Realize they are doing the best they can
- View through their lens, not your own
- Start by feeling compassion for yourself
 - Then someone you already care about
 - Then move onto someone you don't know or don't like
- Be curious



The Fears Associated with Compassion

- Allowing yourself to be compassionate is a vulnerable, courageous act that requires trust and connection.
 - If I show you compassion, I am letting down a wall. That is scary because there is an aspect of myself that feels like I am losing control.
 - If I show compassion, I am weak.
 - If I am compassionate, people will take advantage of me.
 - If I am too compassionate, people will become dependent on me.
 - As a recipient of compassion people may be suspicious. What do they want from me?
- 



Resiliency

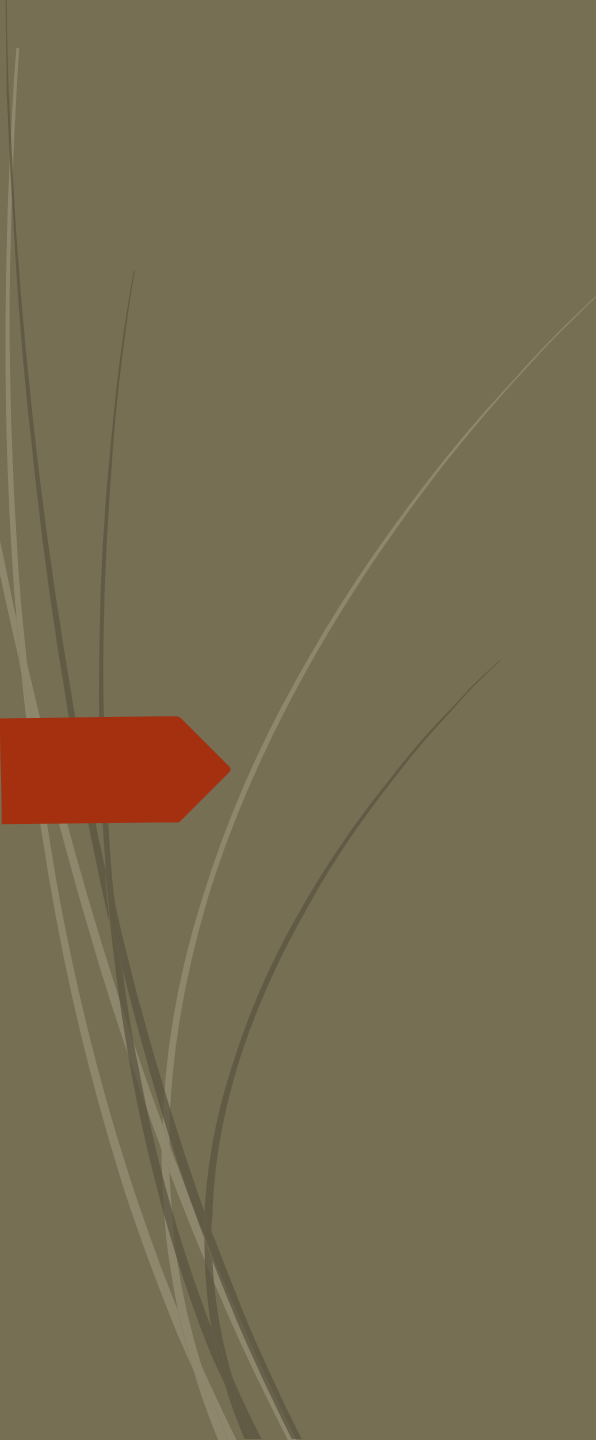


- The capacity to recover quickly from difficulties.
- Life is your journey, it may be tough, but you are a magnificent being and the universe would never give you more than you can handle.
- Your willingness to get up every morning and face the day head on, and make tomorrow a better day will create resiliency
- Doing the work to understand your inner and outer world will create resiliency
- Allowing yourself to sit with others in their pain will build a muscle of understanding and resiliency. Hearing the stories of others can be very humbling.



Love

Kindness



*Find love by letting go of
everything but love*

Ted Dekker – The 49th Mystic



Questions?

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