

# Mindful Self Compassion Training



Based on the research and training of  
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with research contribution by Paul Gilbert, PhD

Are you in default mode?



### Information from Thought

planning, daydreaming and ruminating  
important for goal setting and strategizing

Or direct experience mode?



### Information from our Senses

free from our past, our habits, our expectations, more able to  
respond to events as they unfold.

*Just take a breath . . . . .*

*This may account for meditator's singular abilities and habits to cultivate  
positive emotions, retain emotional stability and engage in mindful behavior.*

*Just take a breath . . . . .*

## We are wired for compassion

- Vagus nerve activation - mammalian brain
- look people in the eye, slows down heart rate, helps us soothe others
- releases oxytocin - love hormone





## Compassionate Touch & Voice

*Michelangelo- "To touch is to give life"*

- Dacher Keltner states that the real practice of compassion is touch.
- calms cardiovascular distress, activates the vagus nerve
- teachers who touch children's back in a friendly way - those students double the amount they speak out in class



The more NBA players touch, the more successful they are at the end of the season



Touching premature babies in the neonatal unit increases weight gain by 47%



## Threat-protection system

- we fight, flee or submit    • feel anxiety, anger or disgust
- \* attack ourselves with self-criticism, put down the other person or “flee” from knowledge of our own faults
- compassion helps us realize these are safety strategies and “not your fault”





## Drive, Resource Seeking and Excitement System

- Linked to self-esteem
- brings pleasures but not happiness
- control and achievement seeking, social dominance, avoidance of rejection and isolation.



With distress we can choose  
either a preverbal spanking  
or a hug 🧡  
hmmm . . . .





# Contentment, Soothing and Safeness System

- cultivated by stroking, holding, voice tone, facial expressions and social support, compassionate mind training
- gives us ability to soothe other two systems
- has calming effect, alters pain thresholds, immune and digestive systems
- operates via oxytocin-opiate system (feelings of trust, soothing and calm within relationships), reduces fear circuits in the amygdala; lowers stress and cortisol.
- \*compassionate mind training and caring behavior facilitates development of the system

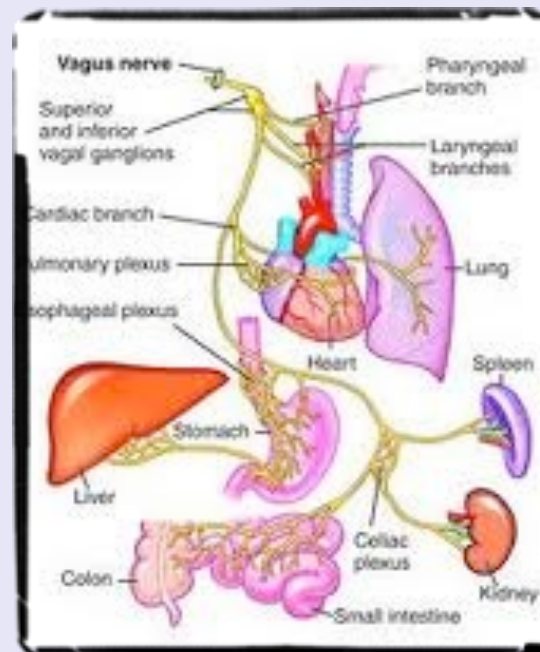
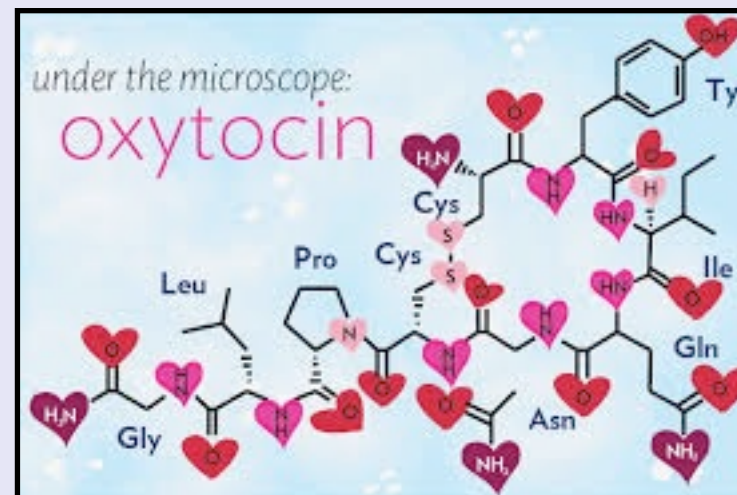




# Oxytocin

- promotes healing and relieves pain
- decrease depression, anxiety; relieves social anxiety and produces feelings of trust.
- lowers blood pressure and improves digestion
- linked to feelings of empathy and generosity
- regulates weight

## And it's free, fun and easy!





# Radio Lab

Moments

Visual Experiment

# Talking Babies





*If you want others to be happy, practice compassion.  
If you want to be happy, practice compassion.  
His Holiness the Dalai Lama*

**The End**