

Interactive Session

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Mindfulness

“Mindfulness means paying attention in a particular way: on purpose, in the present moment, and nonjudgmentally.”

- Breath awareness
- Body Scan
- Loving Kindness & Compassion

Self-Compassion

Think back upon your most recent embarrassing mistake, experience of rejection, or failure.

- For 5 minutes, freely write down as much as you can about this experience: what happened, who was involved, what were the consequences of your mishap?

Self-Compassion

Now draw the following shape:

For me, I feel like this kind of thing...



Is a rare incident

Is how things always are

Then label your endpoints, and place a tick on the line where you think it's suitable regarding this experience:

Self-Compassion

Draw and label another

For me, I feel like this kind of thing...



Reflects who I am

Is due to circumstances

Again, place a tick on the line where you think it's suitable

Self-Compassion

And draw and label one more

For me, I feel like this kind of thing...



Is unique to that time and place

Is likely to happen everywhere

Again, place a tick on the line where you think it's suitable

Self-Compassion

Now, imagine a dear friend confides:

“I didn’t get the job. I’ll never get the job I want, I’m just not good enough, and I’m a failure at everything I do.”

Now, for 5 minutes, freely write down what you would say to this person

Self-Compassion

Now, look back at your tick marks, and make a 2nd set of tick marks, marking closer to “Is a rare incident”, “Is due to circumstances”, and “Is unique to that time and place”

Put your writing hand on your heart, close your eyes, and internally speak to yourself the way you spoke to your friend, about the mishap you wrote about earlier: it’s rare, circumstantial, and unique.

Active Listening

1. **Engage** with body language. Make eye contact, nod, face the person, hold an open and relaxed body posture.
2. **Dismiss distractions**, esp. your phone. Try not to make faces that convey disinterest, disapproval or disgust.
3. **Paraphrase**. Reflect what they say, e.g. “What I hear you saying is...” “It sounds like...” and “If I understand you right....”

Active Listening

4. ***Ask questions.*** At the right moment, ask questions to encourage him or her to say more.
5. ***Empathize.*** If they voice feelings, consider why they feel that way, regardless of whether you think that feeling is justified or whether you would feel that way yourself. For example, “I can understand why you would feel that way.”

Active Listening

- 6. *Avoid judgment.*** Accept their perspective for what it is, even if you disagree. Try not to interrupt with counterpoints or mentally prepare a response while the other person is speaking.
- 7. *Hold back running commentary/advice.*** Just offer your presence and understanding.

Active Listening

Find a partner, and alternate asking each other these 6 questions, with the principles of engaged, supportive listening in mind:

1. Would you like to be famous? In what way? Why or why not?
2. If you could wake up tomorrow having gained any one quality or ability, what would it be? Why?
3. What do you consider “paradise”?
4. What is the most common misperception people have of you?
5. When did you last cry in front of another person? Why?
6. What, if anything, is too serious to be joked about?

Gratitude

How to say “Thank You”

1. Describe what you are thanking a person for doing; what precisely did they do?
2. Acknowledge how much effort the person put into doing this.
3. Describe exactly how the person’s actions benefitted you.

Gratitude

Gather into groups of 4, and take turns saying “Thank You” to the others, either pretending they are people you’d like to thank, or drawing from the sample situations below

- Someone helped you finish an important task
- Someone did some errands that you would have otherwise had to do
- Someone hosted you for a delicious dinner

Gratitude

THANK YOU, for joining us in conversation and learning about how essential our human connections are to our health and resilience. We know time is precious, and you could have left at any point to do something else. The fact that you've spent this time with us has made it fun, satisfying, and contributed to our own sense of meaning and purpose, so once again, thank you.

THANK YOU!