



The Challenges of Our Evolved Minds for Administrators:
How understanding our own evolved minds and learning
mindfulness and compassion focused practices can foster better
work relationships.

Chris Fraser, MSW, LISW



Why We Need Compassion:
Life Is Hard!

Compassion Defined

- ✿ *“ . . . a basic kindness, with deep awareness of the suffering of **oneself** and of other living things, coupled with the wish and effort to relieve it.”*
(Gilbert, 2009)

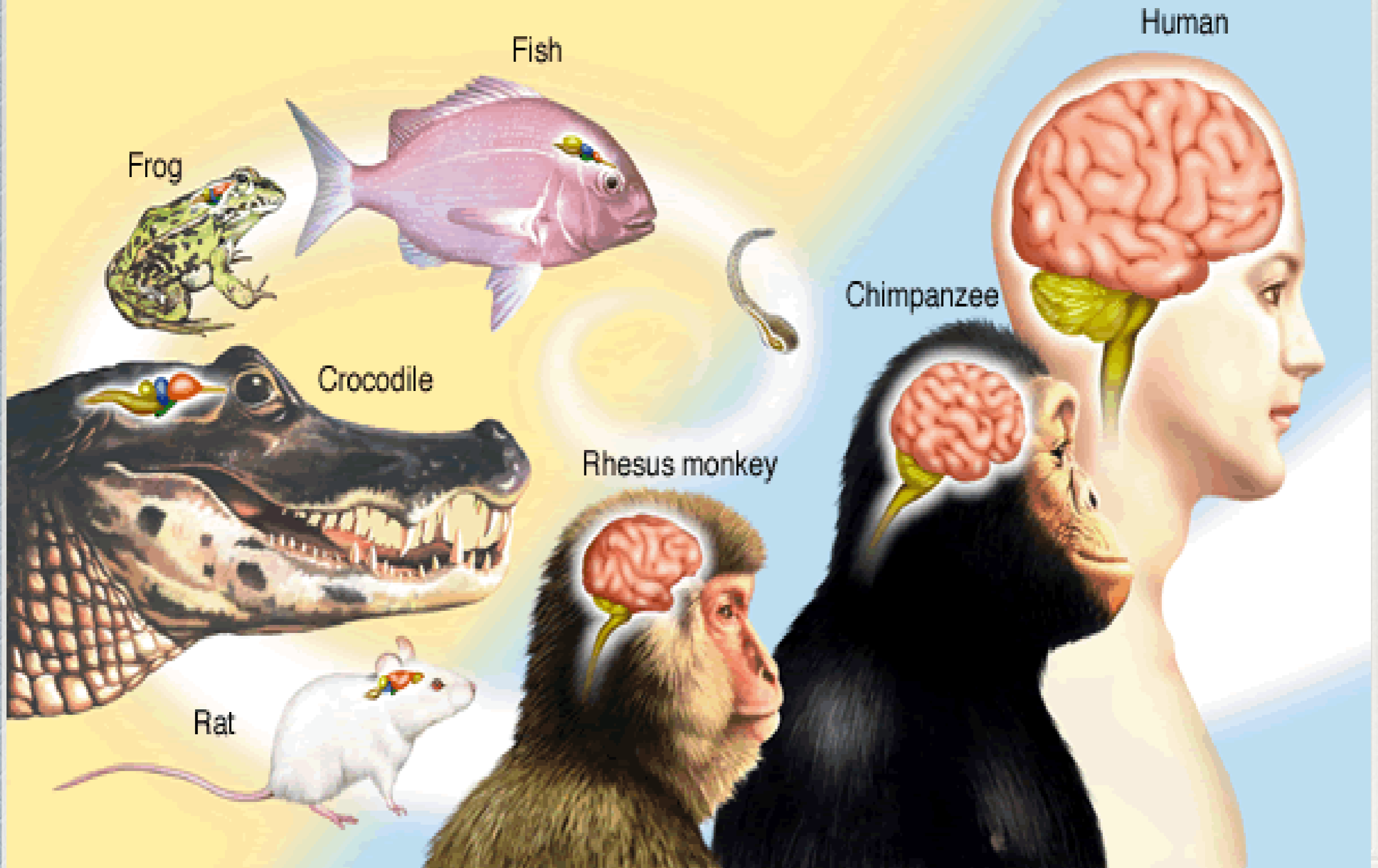


Compassion Across The Lifespan

- ✦ From the day we are born, until the day we die, compassion and affiliative emotions will have powerful effects on every aspect of who we are, and how we develop as a person



The human brain is the product of many millions of years of evolution – a process of conserving, modifying and adapting



Need compassion for a very tricky brain

*New Brain: Imagination,
Planning, Rumination, Integration*

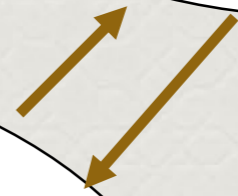


*Old Brain: Emotions, Motives,
Relationship Seeking-Creating*



Drive, excite, vitality

Content, safe, connected



Anger, anxiety, disgust





Tools For Administrators

- *Soothing rhythm breathing.*
- *When in doubt circle out!*
- *Mindfulness of the present moment practices that can anchor and ground you.*
- *Dr. Kristen Neff's Self compassion break. **Steps 1) This is a moment of suffering. 2)Suffering is a part of life, everyone experiences this just like me. 3) Place a soothing hand on your heart or face and say to yourself , "May I be kind to myself," or say, "May I accept myself just as I am."***
- *Compassionate other imagery.*
- *Compassionate self imagery and becoming the best version of you.*
- *Empathetic perspective taking: a person just like me and perspective taking practice.*
- *My values compass reflection task.*
- *Gratitude practice and how do I want to show up as the best version of myself daily morning routine.*
- *Loving kindness meditation for self and others.*

The power of loving kindness meditation

- Loving kindness meditation (compassion directed to self, then others, then strangers) increases positive emotions, mindfulness, feelings of purpose in life and social support and decreases illness symptoms (Frederickson et al, 2008, JPSP)



Social Connectedness

- **Hutcherson, Seppala and Gross (2008) found that a brief loving-kindness meditation increased feelings of social connectedness and affiliation towards strangers.**



Neuroendocrine Responses to Stress

- Compassion meditation (6 weeks) improves immune function, and neuroendocrine and behavioral responses to stress (Pace, 2008, PNE)



“Self Compassion” Is the ability to mindfully turn our caring and supportive nature towards ourselves and our own struggles and has been shown to enhance resilience and courage, even in the face of life’s toughest challenges.” ~Dr. Laura Silberstein Tirch

Because if you wouldn't say it to someone you love, better not say it to yourself.

~ Dr. Russell Kolts

Courage

- ◆ *Because of great love one is courageous*
- ◆ *“Being deeply loved gives you strength. Loving someone deeply gives you courage.” – Lao Tzu*

