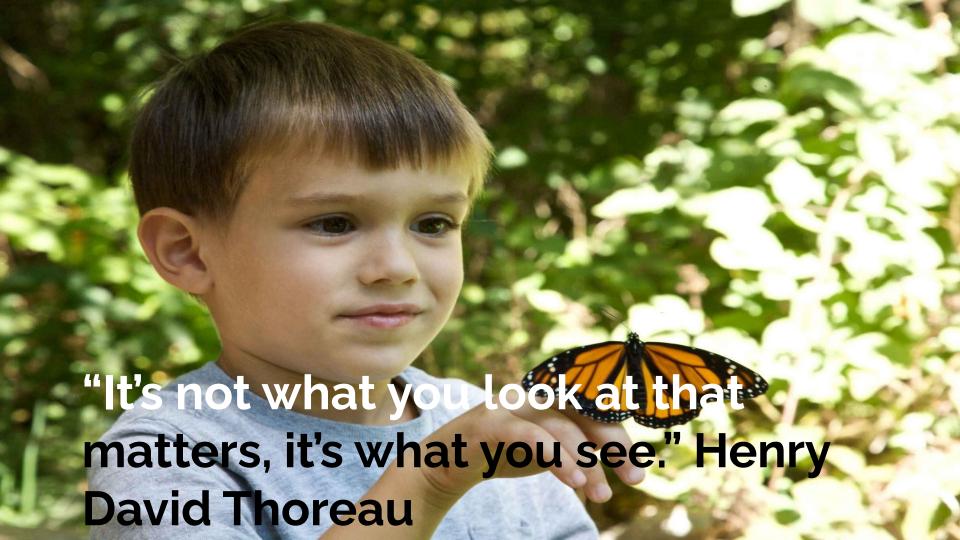
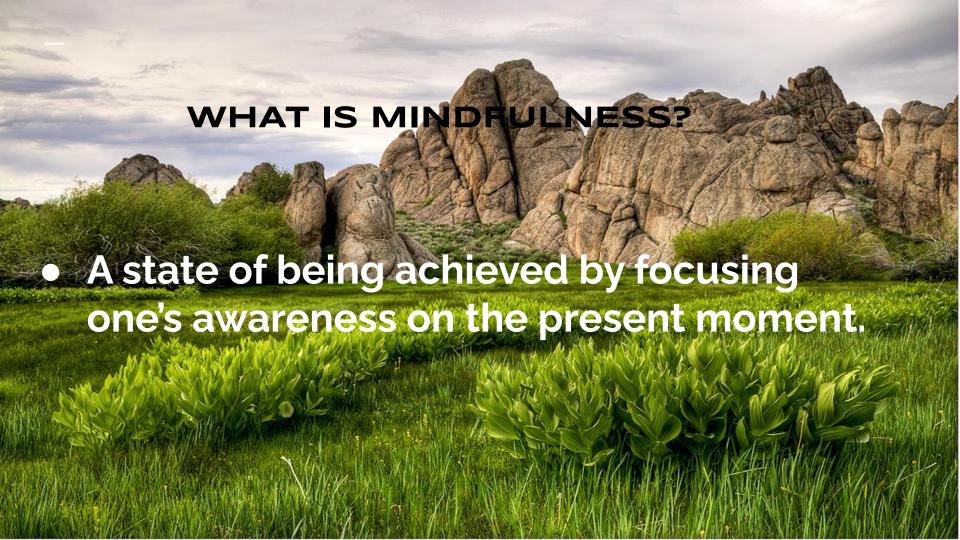
Mindfulness to Increase Kindness & Compassion Toward Others

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What is MINDFULNESS?









TODAY WE WILL PRACTICE:

- 1. BREATH RETENTION
- 2. START WITH AN INTENTION
- 3. TRIP OVER WHAT YOU WANT TO DO
- 4. CREATE NEW PATTERNS



1. BREATH RETENTION

BREATH IN 4 COUNTS.

→ HOLD THE BREATH IN.

BREATH OUT 4 COUNTS.

→ HOLD THE BREATH OUT.



2. Start with an INTENTION

- → STATE your intention IN THE PRESENT MOMENT
- → KEEP IT SIMPLE.
- → WRITE IT DOWN.
- → BREATHE AND FEEL YOUR INTENTION ALIVE INSIDE YOU RIGHT NOW.



3. TRIP OVER WHAT YOU WANT TO DO

- → WHAT COULD BE A REMINDER
 OF YOUR INTENTION TO
 CHOOSE KINDNESS?
- → WHAT COULD BE A REMINDER OF YOUR INTENTION TO CHOOSE COMPASSION?





4. CREATE NEW PATTERNS

- → CREATE "IF....THEN...." STATEMENTS.
- **→** EXAMPLES:

IF ANGRY PERSON, THEN LISTEN & EMPATHIZE.

IF OFFICE DOOR, THEN BREATHE.

IF HEART CLOSING DOWN, THEN SOFTEN.

"COMPASSION does not just happen. Compassion is a viewpoint, a perspective, a way of life." - Glennon Doyle Melton