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# Mindfulness to Increase Kindness & Compassion Toward Others

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**“It’s not what you look at that matters, it’s what you see.” Henry David Thoreau**

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# What is MINDFULNESS?





**WHAT IS MINDFULNESS?**





# **WHAT IS MINDFULNESS?**

- **A state of being achieved by focusing one's awareness on the present moment.**



A woman with blonde hair is sitting cross-legged on a green and white patterned blanket in a forest. She is holding a green cup and looking off to the side with a slight smile. The forest floor is covered in pine needles, and several tree trunks are visible in the background. The text 'HOW CAN MINDFULNESS INCREASE KINDNESS & COMPASSION TOWARD OTHERS?' is overlaid in white capital letters on the left side of the image.

**HOW CAN MINDFULNESS INCREASE  
KINDNESS & COMPASSION TOWARD  
OTHERS?**



A photograph of two young girls walking away from the camera on a dirt path in a forest. They are holding hands. The girl on the left is wearing a light blue dress and a pink hat. The girl on the right is wearing a pink dress and a pink hat. The forest is lush with green trees and foliage, with sunlight filtering through the canopy. The text is overlaid on the upper left portion of the image.

## HOW CAN MINDFULNESS INCREASE KINDNESS & COMPASSION TOWARD OTHERS?

- The practice of mindfulness reminds us that we have a CHOICE as to how we respond to any person or situation.

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# **TODAY WE WILL PRACTICE:**

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



# 1. BREATH RETENTION

BREATH IN 4 COUNTS.

→ HOLD THE BREATH IN.

BREATH OUT 4 COUNTS.

→ HOLD THE BREATH OUT.



## 2. START WITH AN INTENTION





## 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**



### 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





## 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**