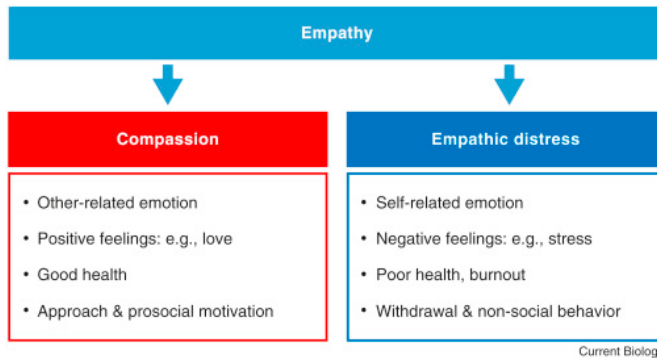


Introduction to Mindfulness Group Session 7

Topics for discussion in Session 7

- Equanimity, a balanced nonreactive presence amidst the ups and downs of life
- How equanimity can be a helpful stabilizing quality as we practice compassion
- Distinction between empathy and compassion



Singer, T. & Klimecki, O. (2014) Empathy and compassion. *Current Biology*, 24(18), R875-878.
<https://doi.org/10.1016/j.cub.2014.06.054>

- Approaches to cultivating compassion and equanimity

Practices we will do in session

- Mindfulness practice sampling various anchors for awareness (sight, sound, body, breath)
- Compassion cultivation practice
- Tree or mountain meditation for cultivating equanimity
- Possibly mindful listening and speaking or another small group exercise

Optional supplementary reading

- <https://greatergood.berkeley.edu/topic/compassion/definition#what-is-compassion>
- <https://www.psychologytoday.com/ca/blog/pulling-through/201912/turn-empathy-compassion-without-the-empathic-distress>
- <https://jackkornfield.com/meditation-on-compassion/>

Week 7 suggested home practice

As we approach the close of this series, there is the opportunity this week to try out what may be a sustainable form of daily formal and informal practice going forward. What time of day, setting, audio material, and type of formal practice would best support you going forward? What habits and reminders might support you to remember to practice mindfulness and compassion in daily life informally?

(eg. See the links below for audio tracks, **bolded practices are more specific to this week's focus**, and please exercise care with limitations and areas of injury or pain with any movement practices)

<https://www.uclahealth.org/marc/mindful-meditations> and UCLA Mindful app

- 7 min meditation for working with difficulties
- 9 min loving kindness meditation
- 3 min body and sound meditation, 5 min breathing meditation and 12 min breath, sound, body meditation
- 3 min short body scan and 13 min body scan for sleep in Basic Guided Meditation section, 14 min body scan in Health and Wellness Meditation section

<https://centerformsc.org/practice-msc/guided-meditations-and-exercises/>

- **21 min giving and receiving compassion meditation**
- **9 and 15 min compassion with equanimity meditation**
- 14 and 16 min being with difficult emotions meditations
- 5-12 min self-compassion break
- soothing touch skill pdf
- 10 and 20 min labeling emotions meditations
- 11 min mindfulness of emotions in the body

<http://www.sharingmindfulness.com/audio/>

- 9 and 18 min supportive touch and self-compassion break
- 10 and 20 min loving kindness practices
- 10 and 15 min mindfulness of breathing, 10 and 15 min mindfulness of sounds
- 15 and 35 min body scans
- 15 min and 45 min chair yoga

<https://www.tarabrach.com/meditation-rain-compassion-2/>

- 9 min RAIN practice for difficult emotion

<https://www.tarabrach.com/walking-meditation-instructions-pdf-from-tara-2/>

- Walking meditation handout and 6 min audio

<https://jackkornfield.com/walking-meditation-2/>

- Walking meditation written instructions and 5 min audio

<https://jackkornfield.com/loving-kindness-meditation/>

- 12 min loving kindness meditation

<https://www.tarabrach.com/meditation-heartspace-gratitude/>

- 18 min gratitude meditation

<https://jackkornfield.com/compassionate-heart-meditation/>

- **28 min compassion meditation**

<https://jackkornfield.com/joy-mudita-meditation/>

- 27 min appreciative joy practice

<https://cih.ucsd.edu/mindfulness/guided-audio-video>

- **15 min giving and receiving compassion**
- 6-20 min loving kindness meditations
- 20-45 min seated meditations

- 10-45 min body scans
- 35-52 min mindful movement practices

<http://franticworld.com/free-meditations-from-mindfulness/>

- 8 min sounds and thoughts meditations
- 3 min breathing space
- 9 min befriending meditation
- 4 min chocolate meditation
- 14 min body scan
- 8 min mindfulness of body and breath

<http://franticworld.com/resources/free-meditations-from-mindfulness-for-health/>

- 3 min breathing space
- 8 min breath anchor

Centre for mindfulness studies app (<https://www.mindfulnessstudies.com/get-the-app/>)

- **15 min giving and receiving compassion**
- 20 min soften, soothe and allow
- 35 min BBSTE plus difficulty
- 10 min self-compassion break
- 10 min soothing touch
- 10 min awareness of sounds, thoughts, emotions
- 30 min breath, body, sounds, thoughts, emotions
- 3 min breathing space and 3 min responsive breathing space
- 15 min loving kindness meditation
- 10 min soles of the feet practice
- 10 min outdoor walking meditation
- 10 min and 20 min awareness of breath
- 35 min mindful movement practice

Breathr free app (<https://keltymentalhealth.ca/breathr>)

- 2 min self compassion break
- 5 min body scan
- 6 min eating a raisin
- 5 min mindful breathing
- 10 min sitting
- 5 min walking
- 5 min loving kindness
- **5 min kindness and self compassion**
- 3 min SOBER coping space
- 5 min mindfulness of thinking

Notes: