

St. Michael's House

Services for people with intellectual disabilities

Compassion Bundle Workshop

10th June 2021



Dr Manus Moynihan
Dr Anita Hyland

Compassion Bundle Workshop



Introductions – Us & You

Purpose of Webinar

Care-giving

Understanding how we feel – Compassion Focused Therapy

Self Compassion or 'Self Kindness'

Developing Self Kindness Bundle

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“ Carers ” – Some things we know

- Positive experience: Rewarding, Satisfaction, Purpose, Meaning
- Also feeling Overwhelmed, Alone, Frustrated, Worried, Sad, Self-Critical, Guilt
- Caregiver Stress , Exhaustion , Burnout
- Feeling Powerless = Contributor to Caregiver Exhaustion

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Workshop



**Compassion Bundle
Workshop**



“ Compassion ”

Wisdom

Strength

Kindness

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3 Levels of Self Compassion

1. Compassion to others
2. Compassion from others
3. Compassion to self

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Understanding our thoughts and feelings:

<https://www.youtube.com/watch?v=X6BhFJ8h21Q>



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A short series of videos:

<https://www.youtube.com/watch?v=Fb0DkdCNQ9g>

<https://www.youtube.com/watch?v=EWgFX5i9NU0>

<https://www.youtube.com/watch?v=o0lVJox-fvU>

<https://www.youtube.com/watch?v=BVWTnmlaamQ>

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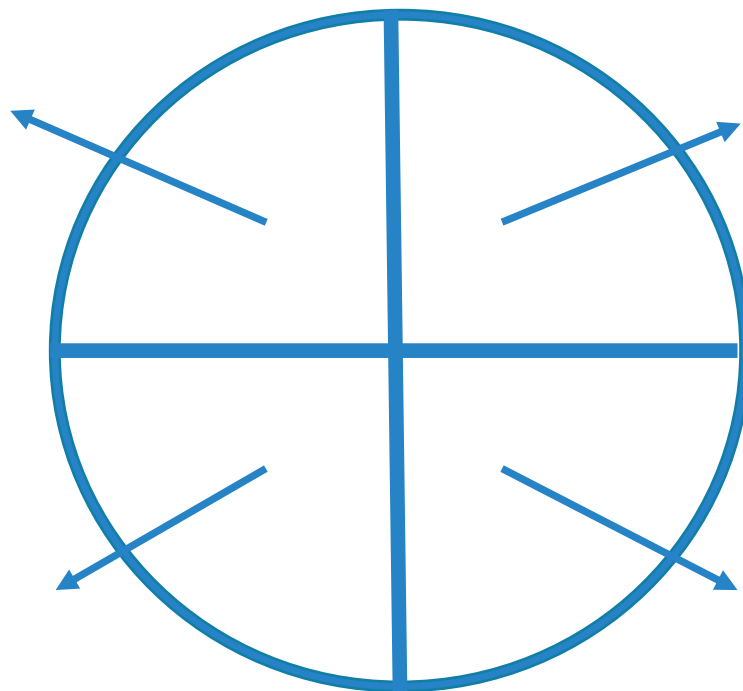
Ways to Wellbeing





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1. Connect

- Connecting with people around you
- Switch off TV, eat dinner together
- Reach out to friends, family, neighbours
- Call a friend for a chat
- Ask people to do things together
- Think about ways to meeting new people
- Find people who have similar interests - join groups or clubs
- Follow through on plans you make – or reschedule for another time



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2. Be Active

- Make small changes
- Getting off the bus a stop earlier or taking the stairs instead of the lift
- Get gardening or dancing – something you enjoy
- Take a pet for a walk
- Fit some scheduled exercise into your day
- Take up running, jogging, or cycling – small and realistic goals
- Joining a team - a way to connect with others and motivate yourself



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3. Take Notice & Be Aware

- Be aware of the world around you and how you feel
- Be curious, savour the moment in your everyday
- Use Apps like Headspace or CALM to help you to stay mindful
- Keep a diary to write down your thoughts - this can be a good way to notice how you're feeling
- Try to notice negative or critical thoughts
- Find ways to relax, with breathing exercises, yoga, or self care



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4. Keep Learning

- Sign up for a class - art class, cooking class, writing class
- Look for resources online, like online courses or YouTube tutorials
- Rediscover an old interest
- Cook a new recipe
- Read a new book
- Set yourself a new challenge
- Ask someone you know to teach you something



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5. Give Back & Contribute

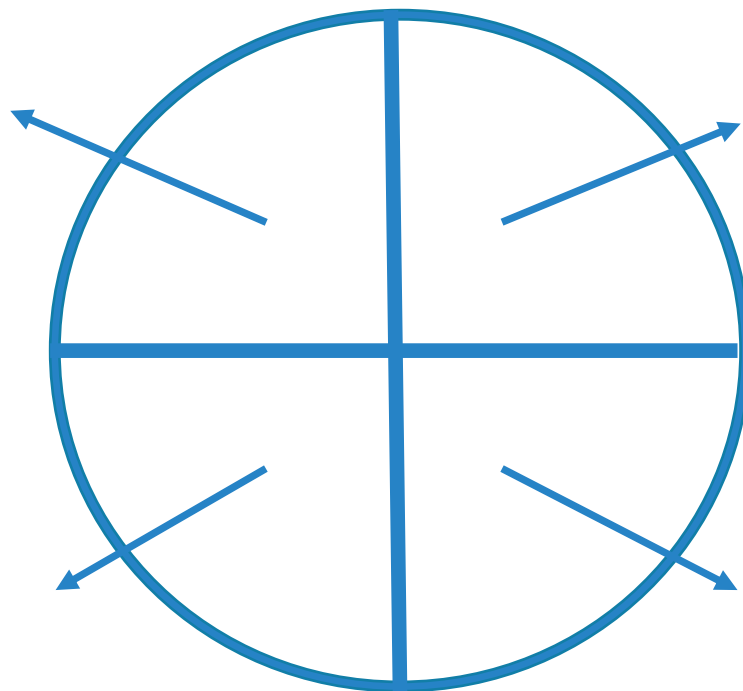
- Caregiver role – always contributing !
- Giving to others & yourself = good for you
- Small acts of kindness - thank someone
- Volunteering - give back to your community
- Offer to help friends or family with something they may be struggling with
- Ask people if there's anything you can do to help them - neighbour





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When will you use it ?

Where will you put it ?

Who will you tell that you've made it ?

When will you review it ?

