Mindfulness, Self-Compassion and Coping Humour



PRESENTER

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Mindfulness how and when you can practice it



MINDFULNESS

"The awareness that emerges through paying attention on purpose, in the present moment, and nonjudgementally to the unfolding of experience moment by moment"

HOW DOES IT WORK?

Reduces rumination and strengthens (attentional control)

> How you sustain your attention and how you switch your focus from one thing to another

WHY FOCUS ON MINDFULNESS?



Reduces symptoms of depression, anxiety and stress



Improves memory and attention



For mothers: reduces anxiety related to childbirth by relating to pain differently



For parents: increases ability to attend to their infants without becoming drawn into negative or self-critical thought



At work: less likely to leave, better job engagement, helps foster fulfilling relationships, boosts creativity, better work-life balance

PRACTICE RESOURCES

- · Smiling Mind: smilingmind.com.au
- Books by Dr. Russ Harris: The Confidence Gap, The Happiness Trap, The Reality Slap

Self-compassion – how you can be kind to yourself in trying times

ELEMENTS OF SELF-COMPASSION









Harsh selfjudgement

Shared human experience

Self-kindness

Everyone fails and makes mistakes

Warmth, support,

understanding

vs

Our suffering isolates us from others

Balanced approach to negative emotions Being aware of our challenges with clarity and balance

VS

VS

Overidentifying with negative thoughts and emotions

SELF-COMPASSION IS:

A central mechanism by which mindfulness- and acceptancebased interventions impact psychological health.

It promotes adaptive emotional responding such as self- soothing and self-care.

HOW TO PRACTISE SELF-COMPASSION?

Ask yourself three questions

Am I being kind and understanding to myself?

Do I acknowledge shortcomings and failure as experiences shared by everyone?

Am I keeping my negative feelings in perspective?

Consider:

- Is it permanent?
- Is it pervasive?
- Is it personal?



Write yourself a letter in the third person, as if you were a friend or a loved one.

Coping humour

More likely to appraise stressful situations in more positive and challenging terms, rather than focusing on the negative threat aspects

WHAT IMPACT DOES HUMOUR HAVE ON COPING? When stressful events increase, those with low sense of humour are likely to see greater levels of depression and anxiety

Better psychological wellbeing and resilience, reduced burnout and PTSD, stronger immune system, increased physical health

HOW DOES HUMOUR WORK?



Understanding

Changing an early interpretation so that a new and usually hidden meaning becomes clear ("frame shift")



Problem-solving

Taking control over the problematic situation as a result of better coping



Distraction

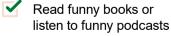
Emotions are regulated through humour, which then positively influences relationships

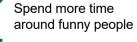


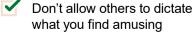
Change in perspective

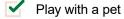
Situation is looked at through a humorous lens

HOW TO CULTIVATE COPING HUMOUR:











Don't be afraid to embrace your inner child

