

























REGULATED

REGULATED
*Connected to self
Authentic & Congruent*









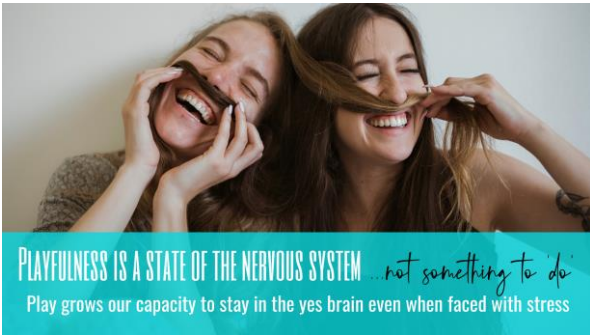




What relationships are already present in my life where I experience feeling seen, felt, and known?

Which ones could I cultivate, nourish, and give more energy to?









"Play is something done for its own sake. It's pleasurable, it offers a sense of engagement, it takes you out of time. And the act itself is more important than the outcome."

Dr. Stuart Brown - National Institute for Play



Generates Optimism
Makes Perseverance Fun
Supports Immune System
Fosters Empathy

Dr. Stuart Brown



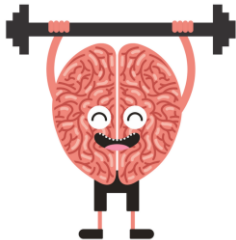
Moments of play and rest are hidden in plain sight

If I had time to do something solely for the purpose of fun and delight, what would it be?

Is there a way I can do that- or something like that- each week?

Where are moments of play hidden in plain sight?





"...Stay with the positive experience for five to ten seconds or longer. Open to the feelings in it and try to sense it in your body; let it fill your mind.

Enjoy it. Gently encourage the experience to be more intense. Find something fresh or novel about it.

Recognize how it's personally relevant, how it could nourish or help you, or make a difference in your life.

Get those neurons really firing together, so they'll really wire together..."

Reik Hanson, PhD "Hardwiring Happiness"

Where could I be more mindful of noticing good that already exists in my life?

Compassion

The recognition and clear seeing of suffering. Compassion involves feelings of kindness toward people who are suffering so that the desire to help – to ameliorate suffering – emerges. Compassion involves recognizing our shared human condition, flawed and fragile as it is. (Neff, 2015)

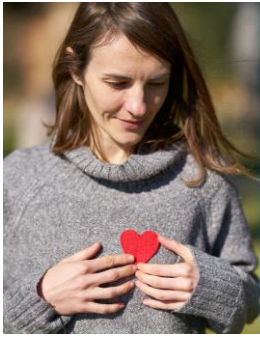


Self-Compassion

The recognition and clear seeing of suffering IN OURSELVES. Compassion involves feelings of kindness toward OURSELVES so that the desire to help – to ameliorate suffering – emerges.

Self-Compassion involves recognizing our shared human condition, flawed and fragile as it is. (Neff, 2015)





Benefits of Self-Compassion

- Leads to proactive behavior to better one's situation, rather than passivity
- Helps us work toward emotional well-being and contentment in our lives
- By recognizing and embracing our shared humanity, we avoid destructive patterns of fear, negativity, and isolation
- Shifts us into the YES brain

Kristin Neff

You are intrinsically valuable and worthy of care. We don't earn compassion- it is our birthright.

-Kristin Neff

Self-Kindness
That we be gentle and understanding with ourselves rather than harshly critical and judgmental.

Recognition of our Common Humanity
Feeling connected with others in the experience of life rather than feeling isolated and alienated by the suffering

Mindfulness
Holding our experience in mindful awareness, rather than ignoring or exaggerating our pain

Self Compassion Mantra

This a moment of suffering.

Suffering is a part of life.

May I be kind to myself in this moment.

May I give myself the compassion I need.

Kristin Neff, PhD

What feels hard about
self-compassion?

Would I be willing to risk
it anyway?

Inside
the moment











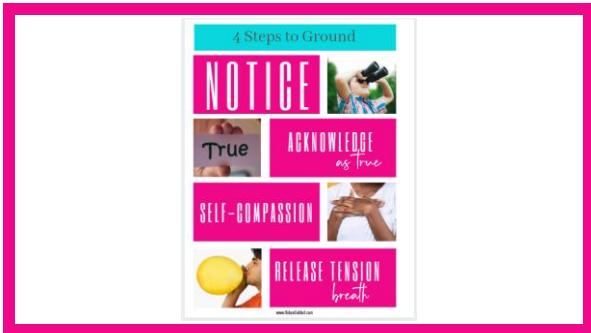


Notice your Experience
Without Judgment

Acknowledge your experience
as real

Offer
self-compassion







Podcasts Mentioned

robbygobbel.com/lisadion
(Regulation Doesn't Equal Calm)
robbygobbel.com/selfcompassion
robbygobbel.com/notflippingyourlid

MORE Support

For Parents (& the professionals who support them!)

The Club

<https://RobynGobbel.com/theclub>

For Professionals

Being With

<https://RobynGobbel.com/BeingWith>
