

# SELF CARE AND MINDFULNESS: DEVELOPING A NEW FRIEND FOR LIFE

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25<sup>th</sup> May 2021



# CREATIVE THERAPIES AND PARENTING SERVICE

Dr Jasmine T Chin, Clinical Lead Coram May 2021



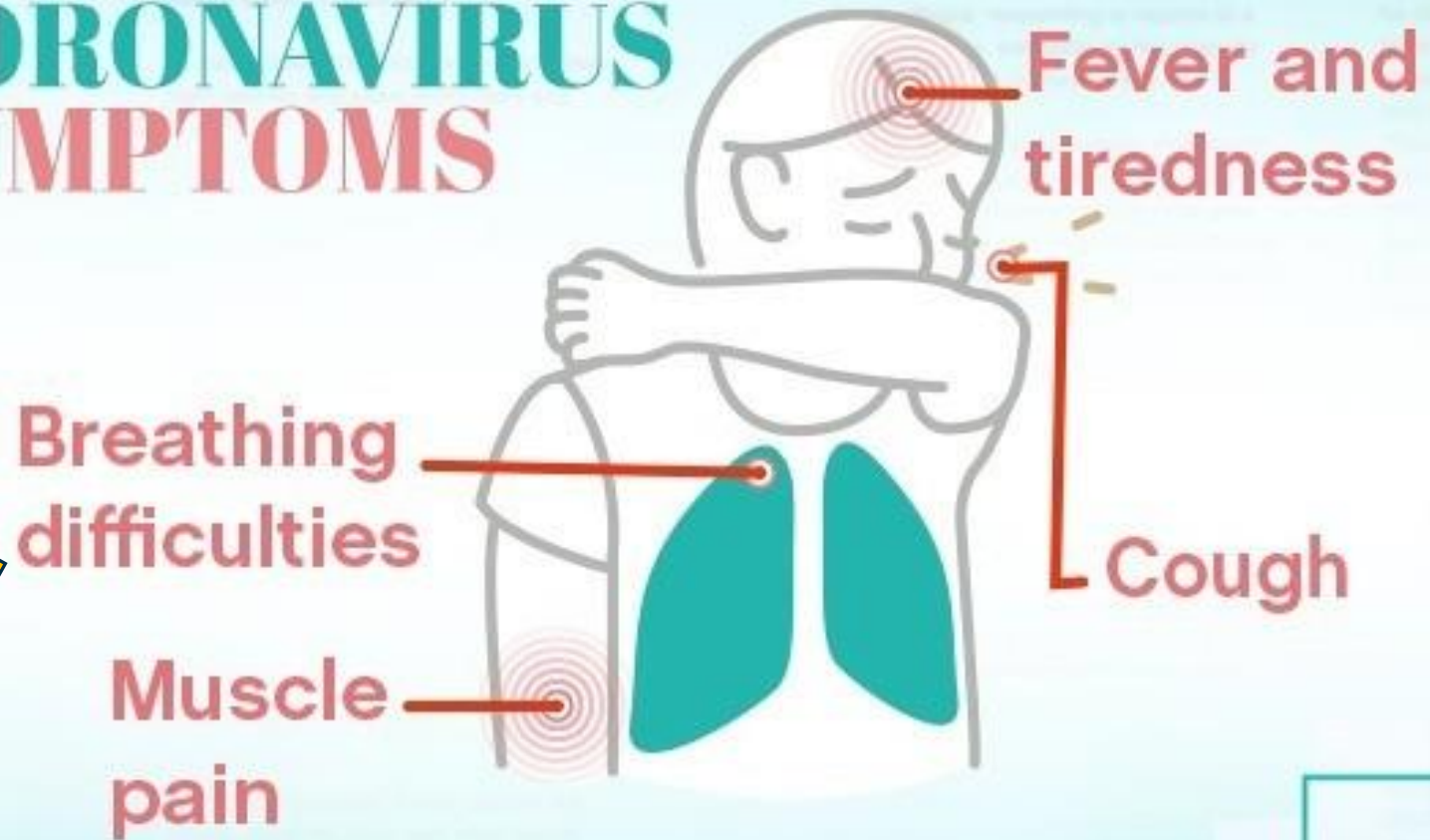
MARCH 2020 – MARCH 2021

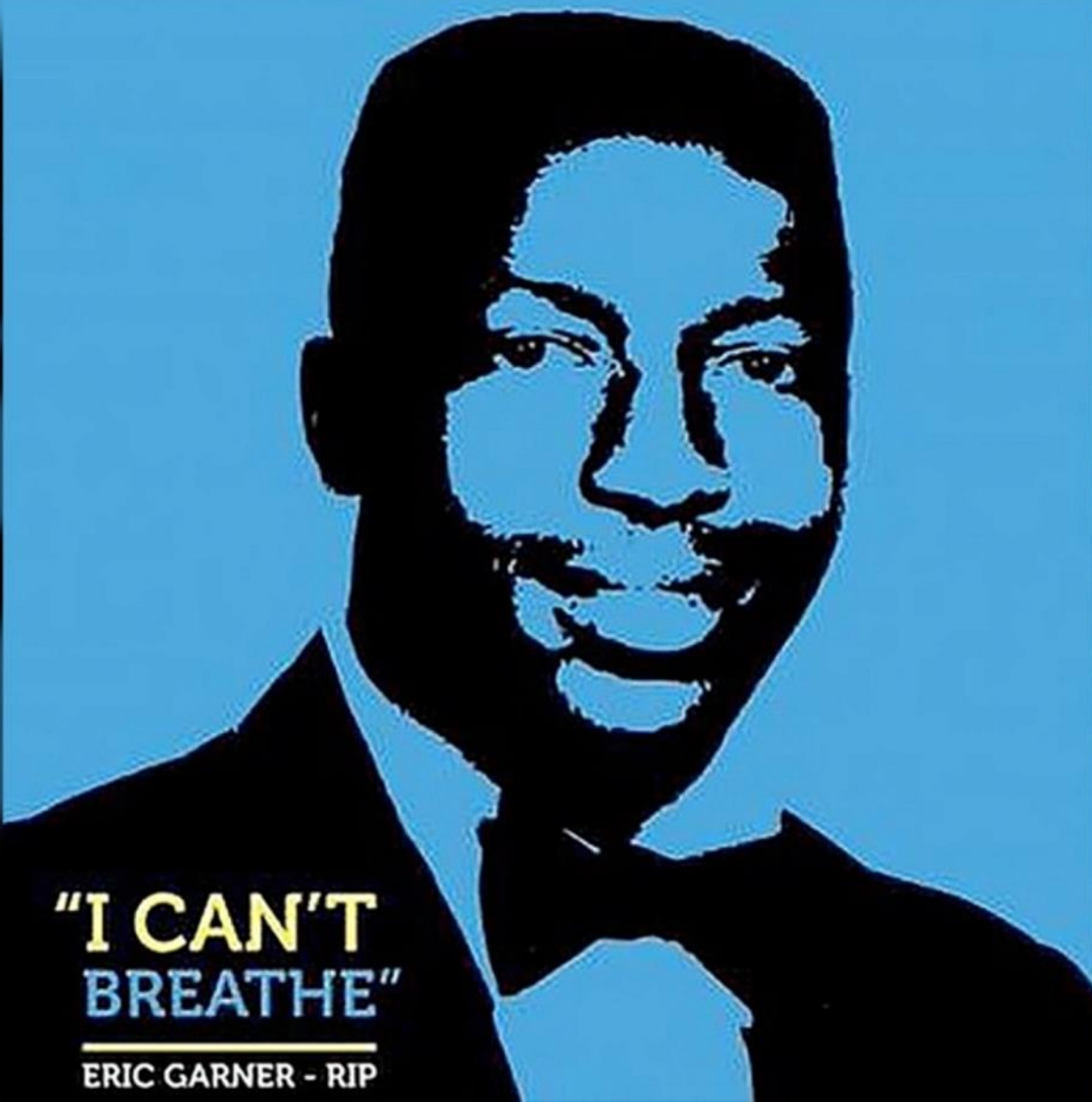




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# CORONAVIRUS SYMPTOMS









# INTERNALISED CAPITALISM LOOKS LIKE

- Feeling guilty for resting.
- Your self-worth is largely based on doing well in your career.
- Placing productivity before health.
- Believing that hard work = happiness.
- Feeling lazy, even when you're experiencing pain, trauma or adversity.
- Using busyness as a way to avoid your needs.

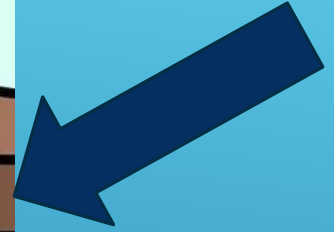


Anxiety Stress  
Low mood

An ordinary  
response to  
extraordinary  
circumstances



MINDFULNESS



Collective  
social action

What do we  
have to power  
to change in  
our contexts?





## Parasympathetic Nervous System



REST & DIGEST

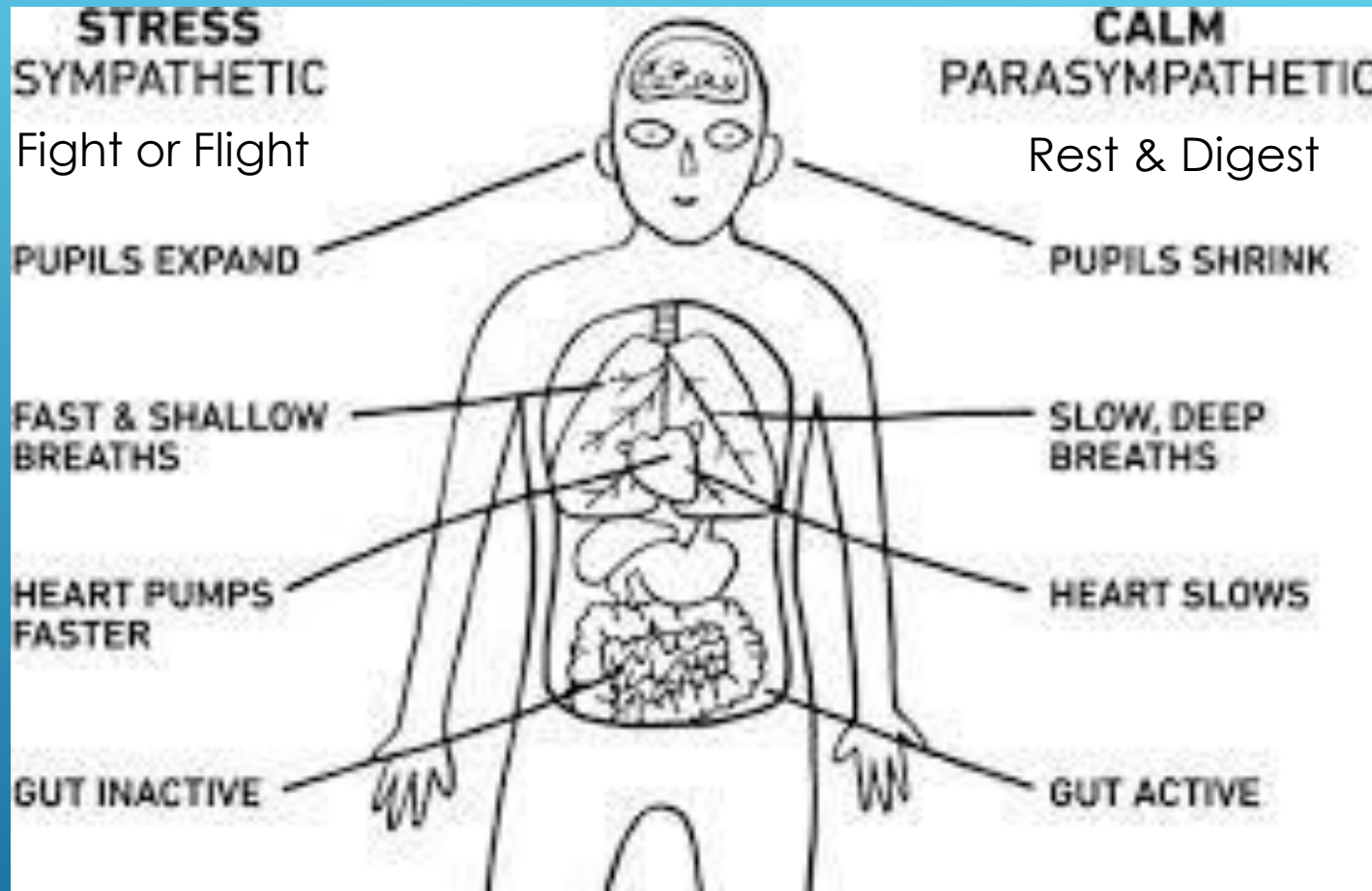
## Sympathetic Nervous System



FIGHT or FLIGHT

# AUTONOMIC NERVOUS SYSTEM

Play  
Sexual arousal  
Curiosity  
Joy  
Excitement



Lethargic  
Faint/flop  
Dissociation  
Depressed  
Hopeless  
Helpless  
Numb

In Breath

Out Breath

▶ Let's  
breathe  
together

Breathe in  
Breathe out



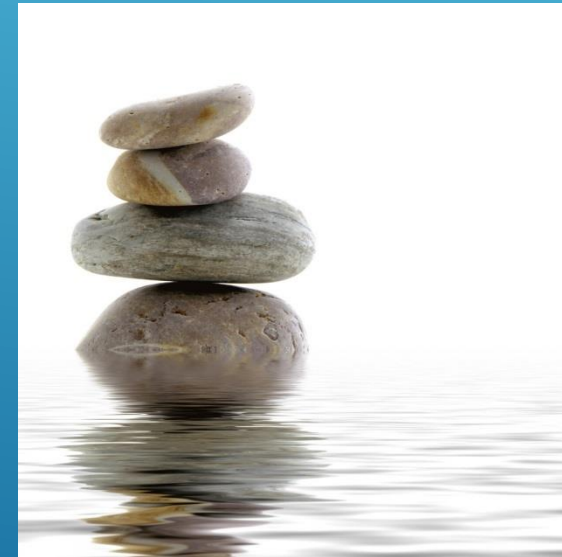
# MINDFULNESS MEANS.....

.....Paying attention in a particular way:

- ▶ on purpose,
- ▶ in the present moment  
and
- ▶ non-judgementally

Jon Kabat-Zinn

Full Catastrophe Living (1990)





▶ Cultivating kind, friendly curiosity towards ourselves and others

▶ Learning and practising moments of quietness and stillness



- ▶ You can't stop the waves....
- ▶ ....but you can learn to surf

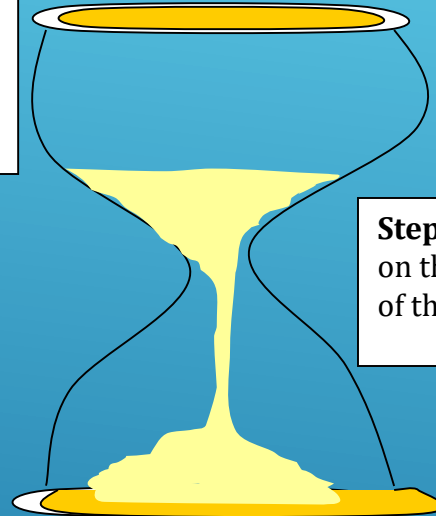


# WHAT'S HERE NOW?

## List of Sensation Words

Calm	Sweaty	Tight
Energized	Wooden	Nauseous
Smooth	Congested	Shaky
Streaming	Dull	Trembly
Warm	Dense	Throbbing
Cool	Frozen	Pounding
Relaxed	Icy	Fluttery
Open	Disconnected	Shivery
Light	Thick	Queasy
Spacious	Blocked	Wobbly
Airy	Contracted	Bubbly
Releasing	Heavy	Dizzy
Expanded	Suffocated	Spacey
Expansive	Cold	Breathless
Flowing	Numb	Prickly
Floating	Closed	Electric
Fluid	Dark	Tingling
Draining	Hollow	Nervy
Tense	Empty	Twitchy
Tight	Tender	Burning
Constricted	Sensitive	Radiating
Clenched	Bruised	Referring
Knotted	Achy	Buzzy
Hot	Sore	Itchy
Full	Tense	

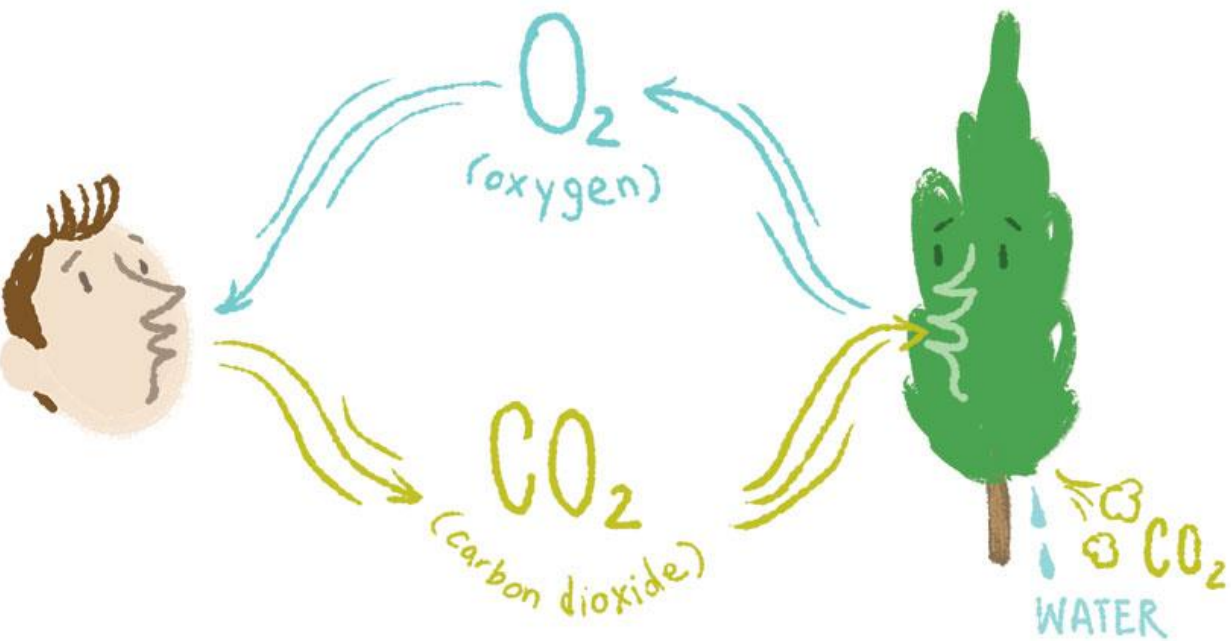
**Step 1. Awareness**  
What's here? How am I?  
Sensations in the body,  
thoughts,  
Feelings?



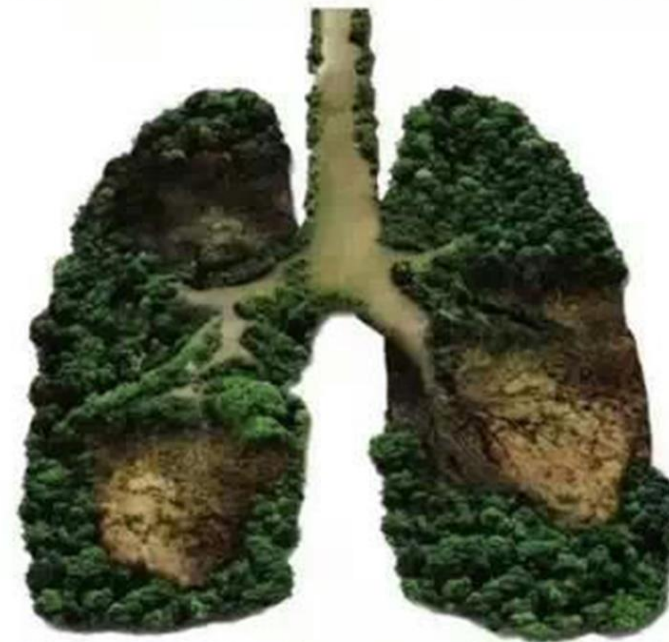
**Step 2. Focussing**  
on the breath moving in and out  
of the body

**Step 3. Expanding**  
the focus to experience the whole body breathing in this  
space.  
carrying this awareness into what you are doing next

# 3-STEP BREATHING SPACE



**Forests, jungles, trees, plants...  
produce the oxygen we breathe.**



**They are the lungs of the Earth  
If we destroy them, we destroy ourselves.**

▶ Self-care



▶ We-care



▶ Humanity & Planet-Care



## Episodes to download



### Take A Breath

SUNDAY

How learning to control your breath can lower anxiety and enhance your decision making.

[Download](#)



### Stand On One Leg

SUN 16 MAY 2021

How challenging your balance could build you a confident core and maybe even a longer life

[Download](#)



### Green Spaces

SUN 9 MAY 2021

How spending time in nature could improve your immune system and reduce stress.

[Download](#)



### Intelligent Exercises

SUN 2 MAY 2021

### Learn a New Skill

SUN 25 APR 2021

How picking up a new skill can lead to a sharper, clearer and happier mind.

[Download](#)

### Cold Shower

THU 15 APR 2021

Could a cold shower be the answer to reducing stress and boosting your immune system?

[Download](#)

### Eat Some Bacteria

SUN 11 APR 2021

How fermented foods might be the key to a healthy brain, body and mind.

[Download](#)

### Early Morning Walk

SUN 4 APR 2021

Why striding out first thing could improve your sleep, your mood and your heart

[Download](#)

# BBC PODCAST – SHORT PRACTICES

- ▶ FOFBOC (Feet On Floor Bums On Chair)
- ▶ Breathing in through the nose, out through the mouth
- ▶ Belly breathing – putting a toy on the belly and “taking it for a ride”
- ▶ Acceptance of the breath and body however it is
- ▶ 3-step breathing space (hour glass image)
- ▶ Body sensations “what’s here”?
- ▶ Breathing together

## GROUNDING IDEAS FROM TODAY



# The Breath & Body – Friends for Life