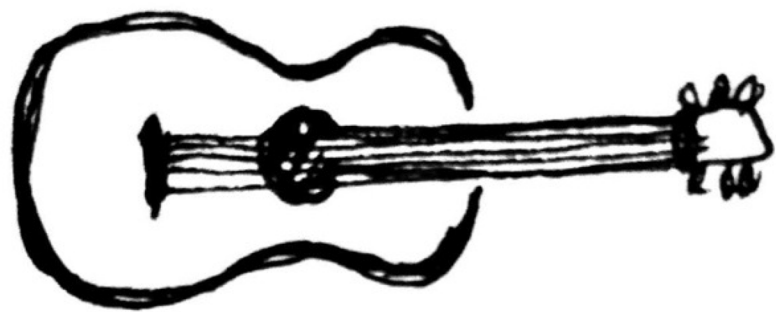
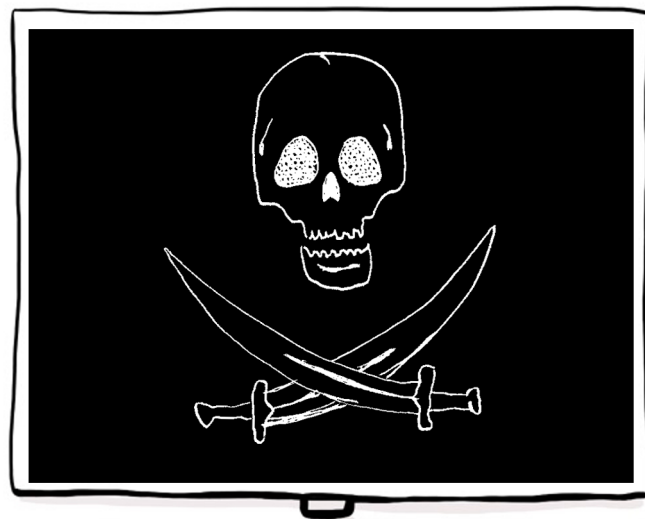


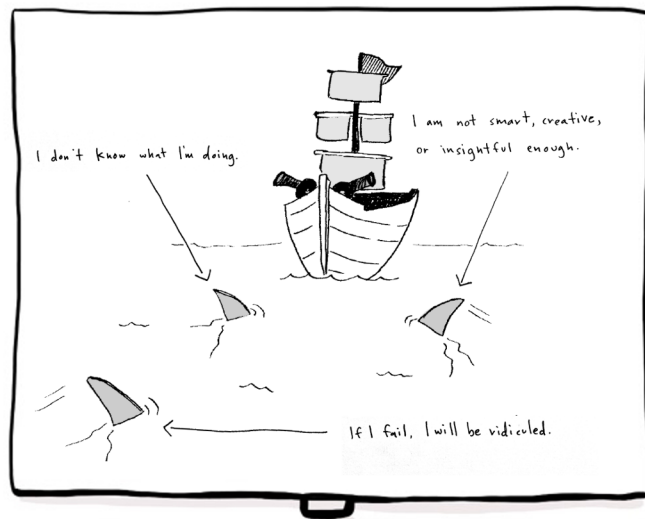
STAYING TRUE TO YOURSELF IN TIMES OF STRESS

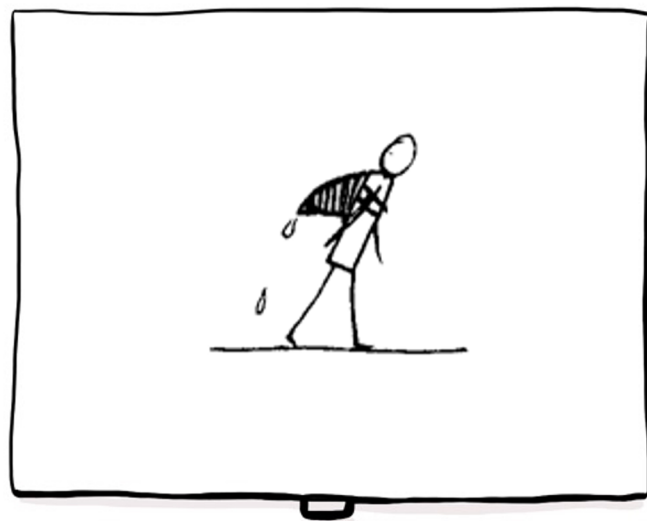


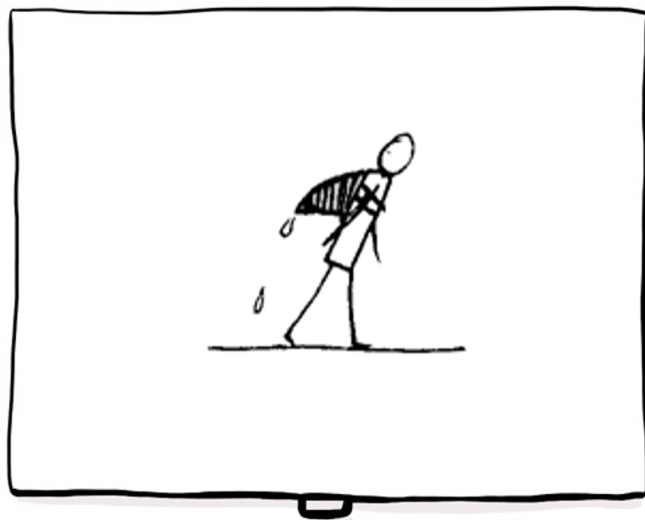
Beck Tench
Univ. of Washington
Information School

















①



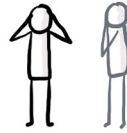
NOTICING OUR
EVERYDAY LIVES

②



NOTICING
STRESSFUL
MOMENTS

③



NOTICING
THAT WE ARE
NOTICING

④

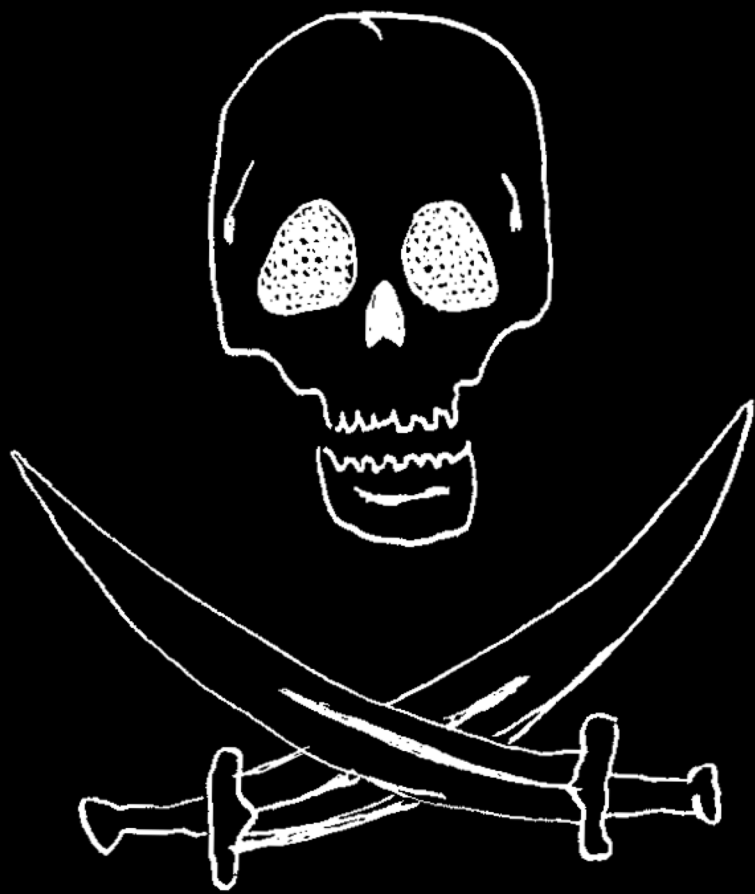


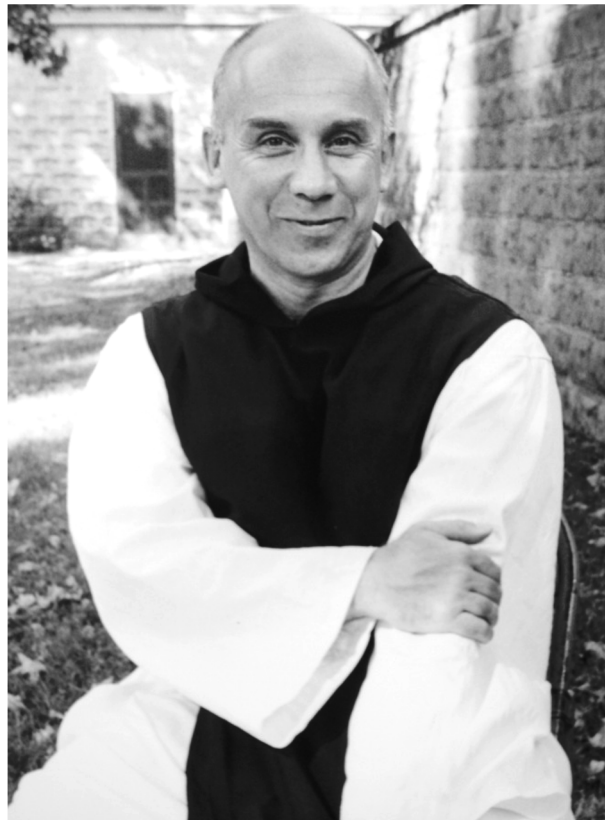
RESPONDING
WITH
KINDNESS

⑤



DOING THIS
FOR A LONG
TIME, AND
WITH OTHERS

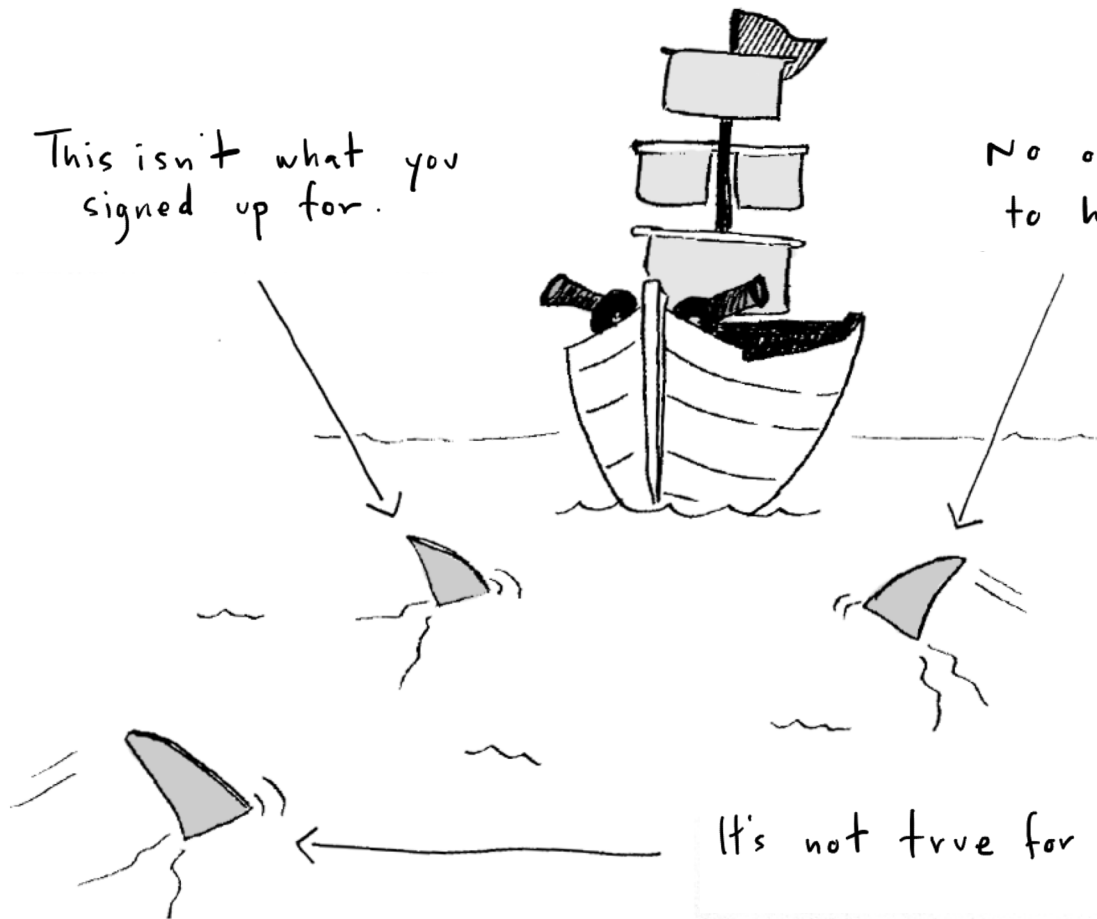




THOMAS MERTON

This isn't what you
signed up for.

No one wants
to hear this.



It's not true for everyone.

①



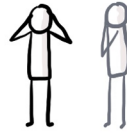
NOTICING OUR
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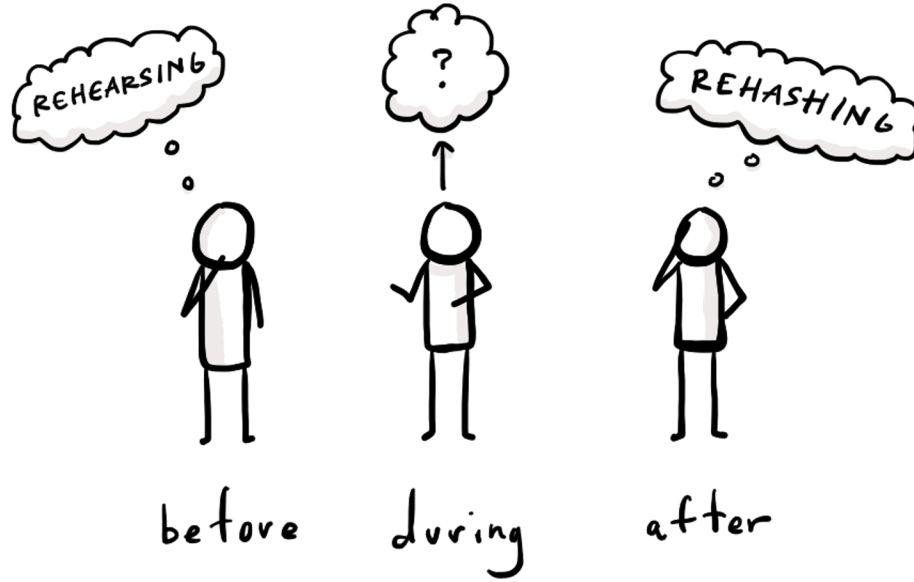
PAYING ATTENTION

ON PURPOSE

IN THE PRESENT MOMENT

NON-JUDGMENTALLY

← JON KABAT-ZINN

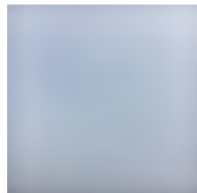
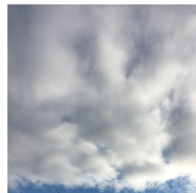




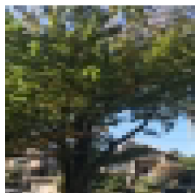
BANANAS



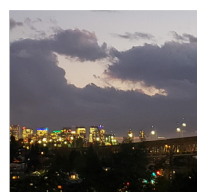
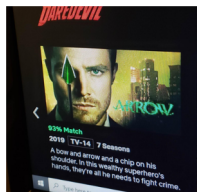
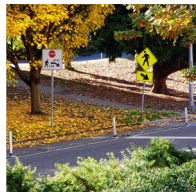
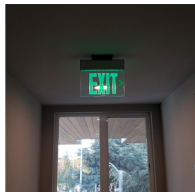
CLOUDS



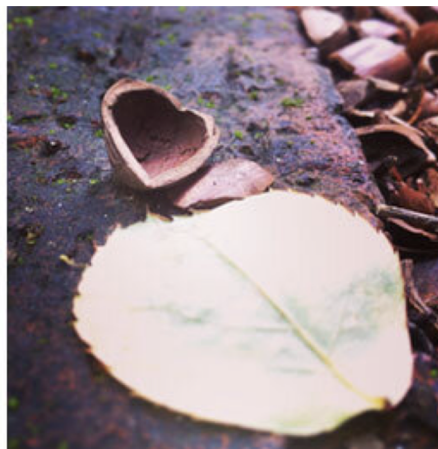
TREES



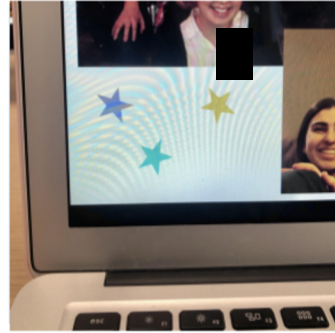
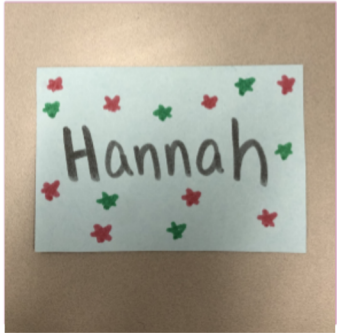
ARROWS













THICH NHAT HANH



1



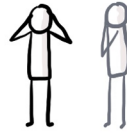
NOTICING OUR
EVERYDAY LIVES

2



NOTICING
STRESSFUL
MOMENTS

3



NOTICING
THAT WE ARE
NOTICING

4



RESPONDING
WITH
KINDNESS

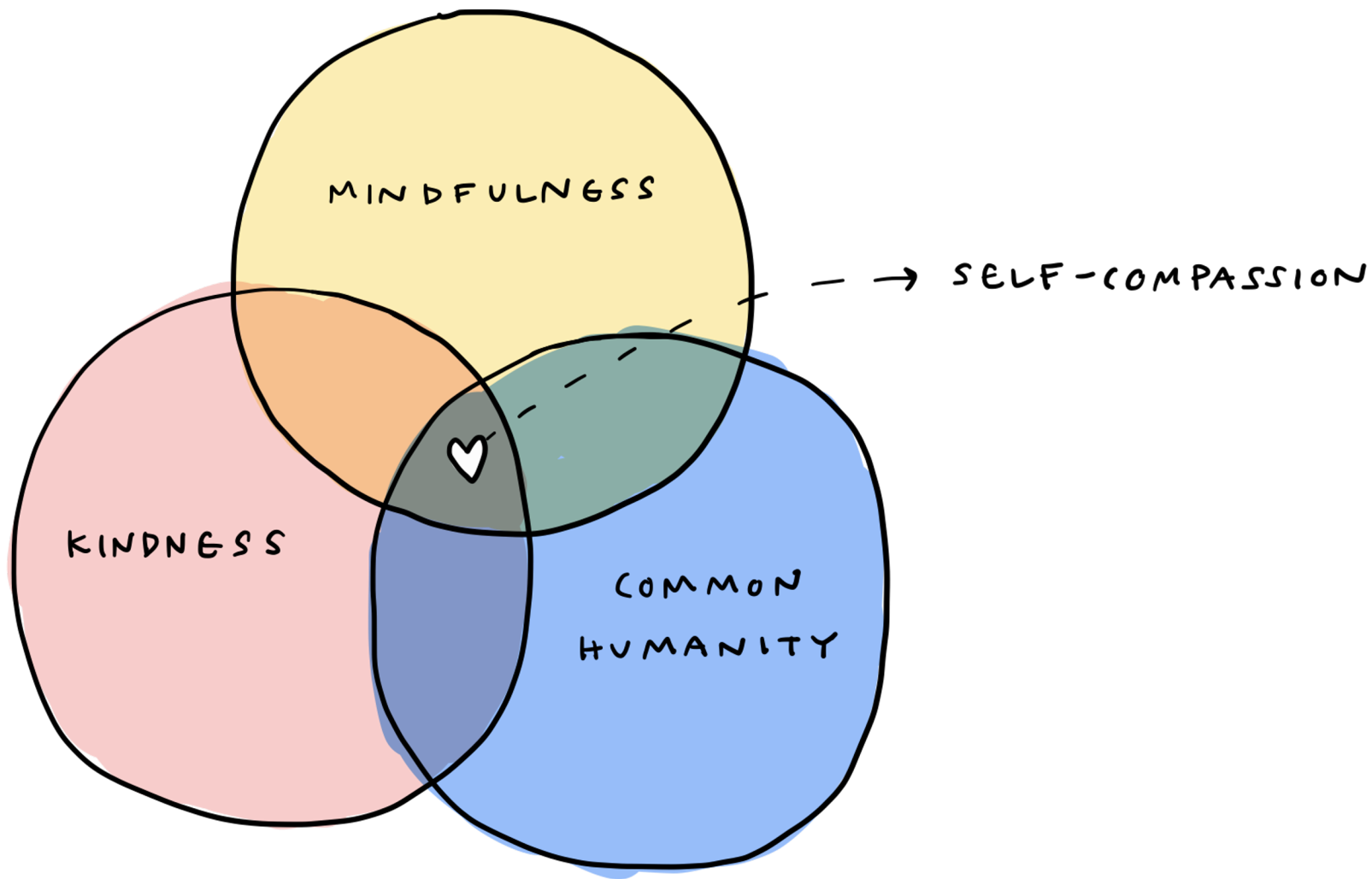
5



DOING THIS
FOR A LONG
TIME, AND
WITH OTHERS



KRISTIN NEFF



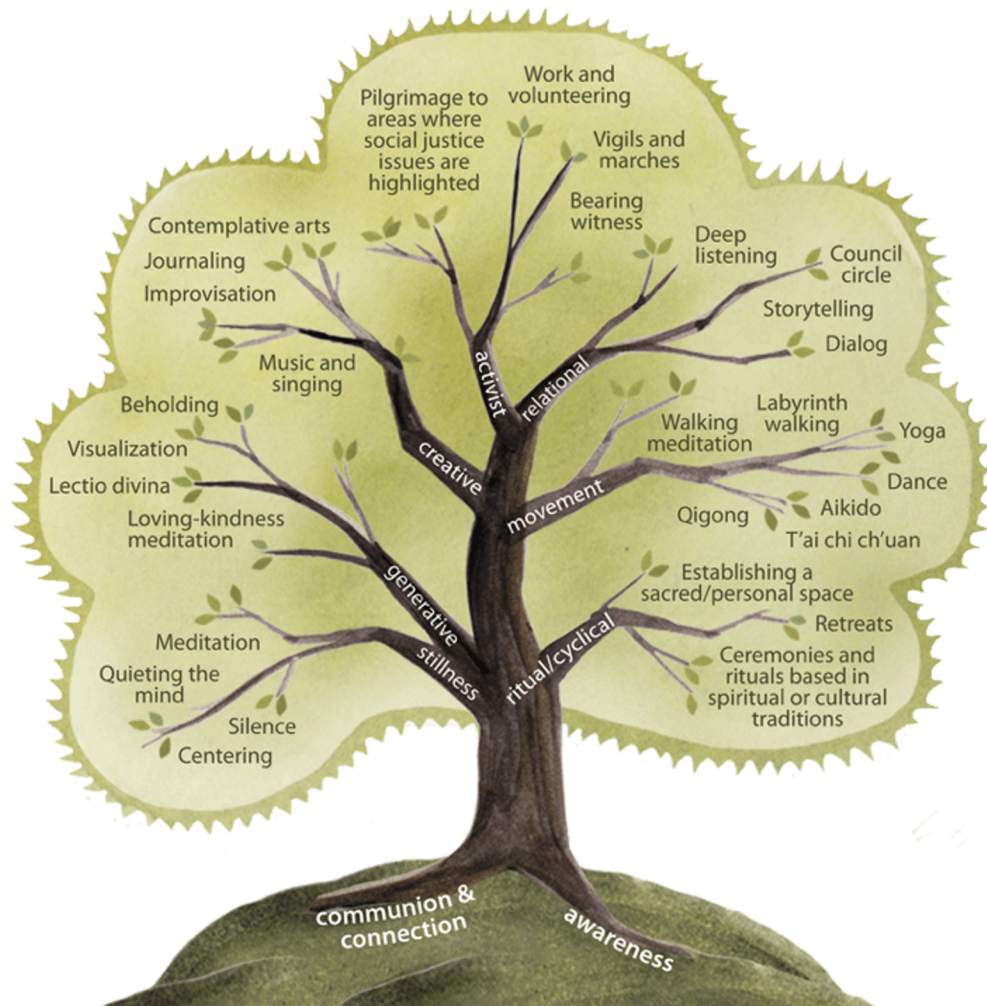




THIS IS A
MOMENT
OF SUFFERING



DAVID TRELEAVEN



1



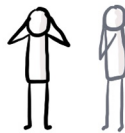
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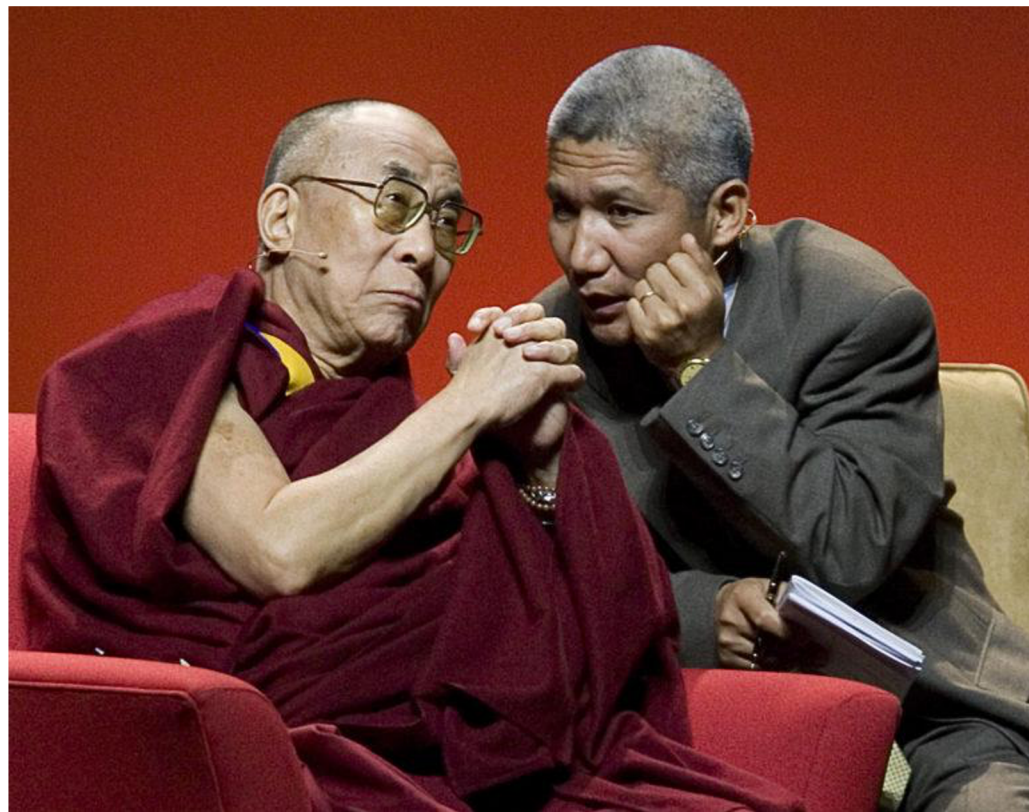


RESPONDING
WITH
KINDNESS

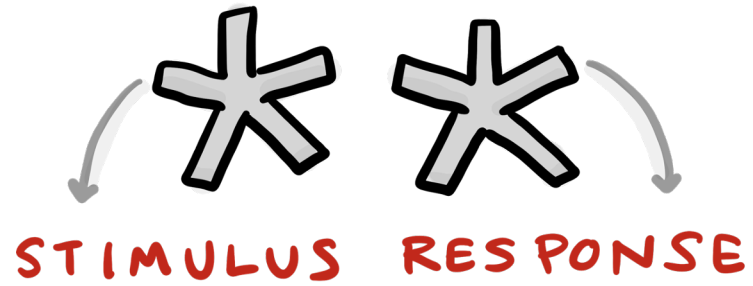
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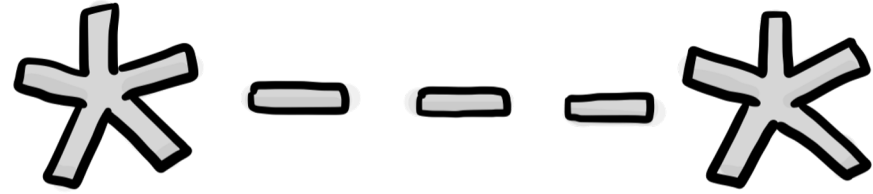


DOING THIS
FOR A LONG
TIME, AND
WITH OTHERS



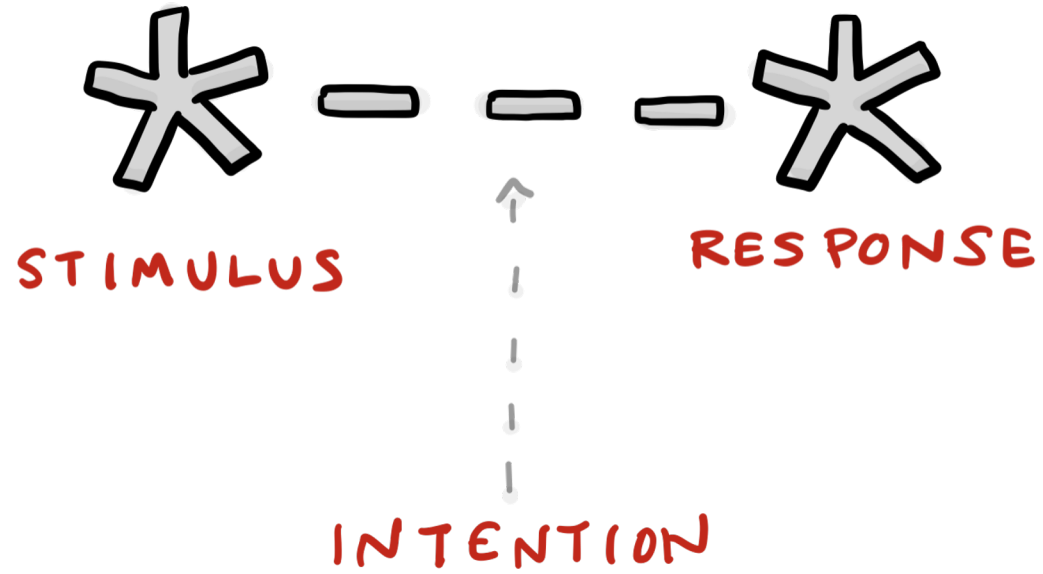
THUP TEN JIMPA

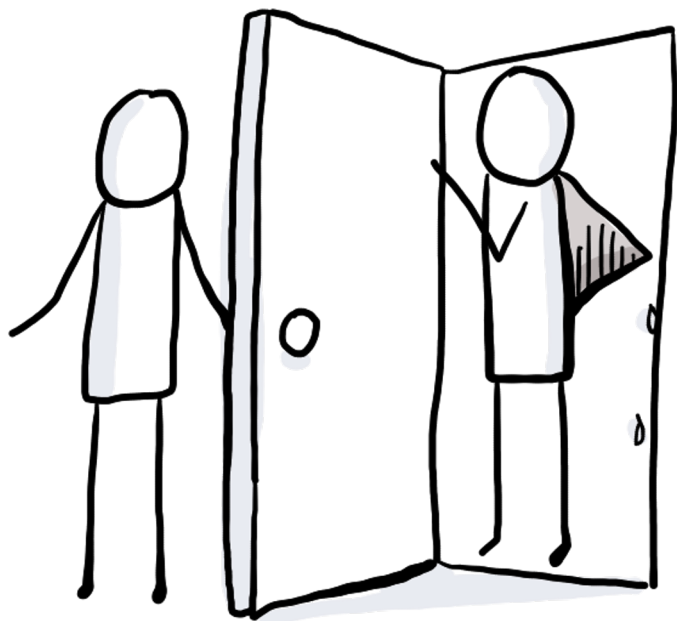


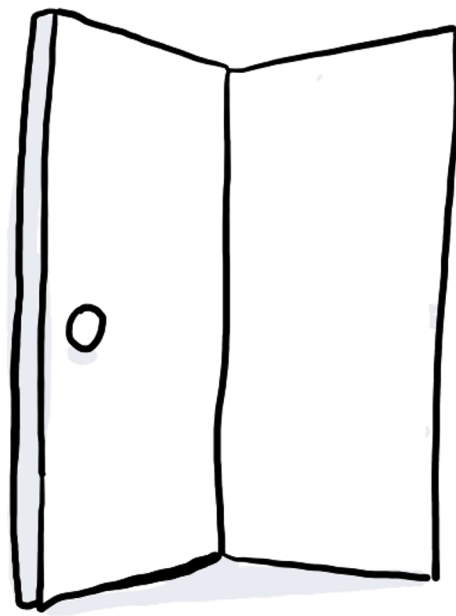


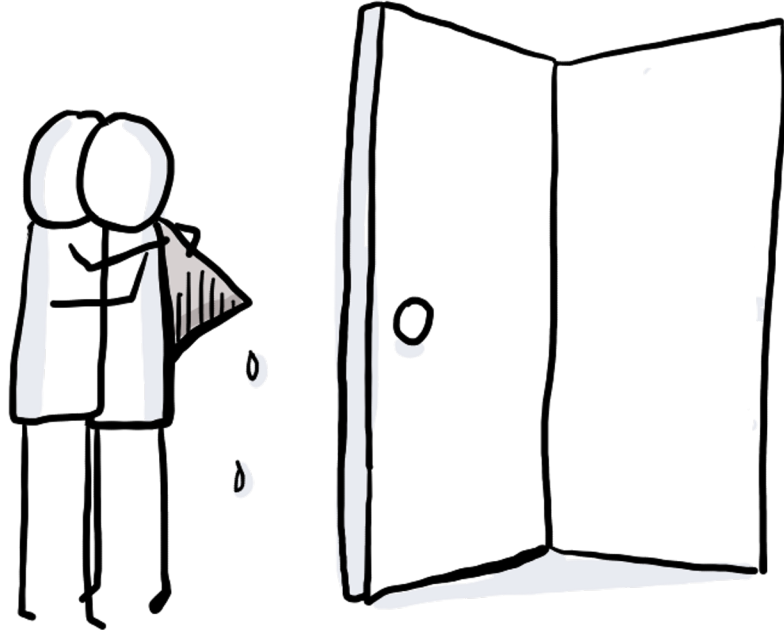
STIMULUS

RESPONSE









1



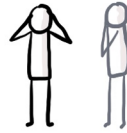
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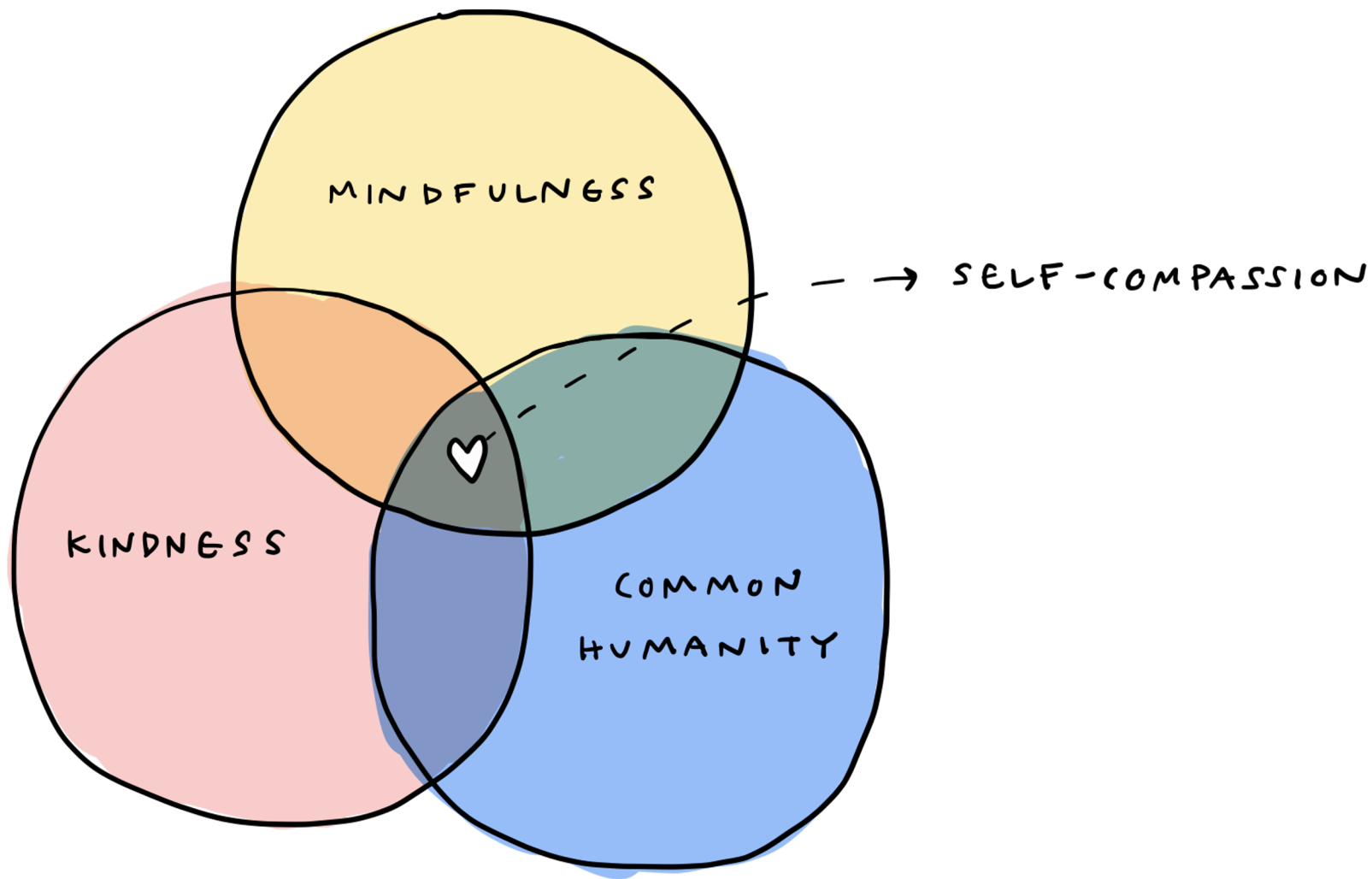


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WITH
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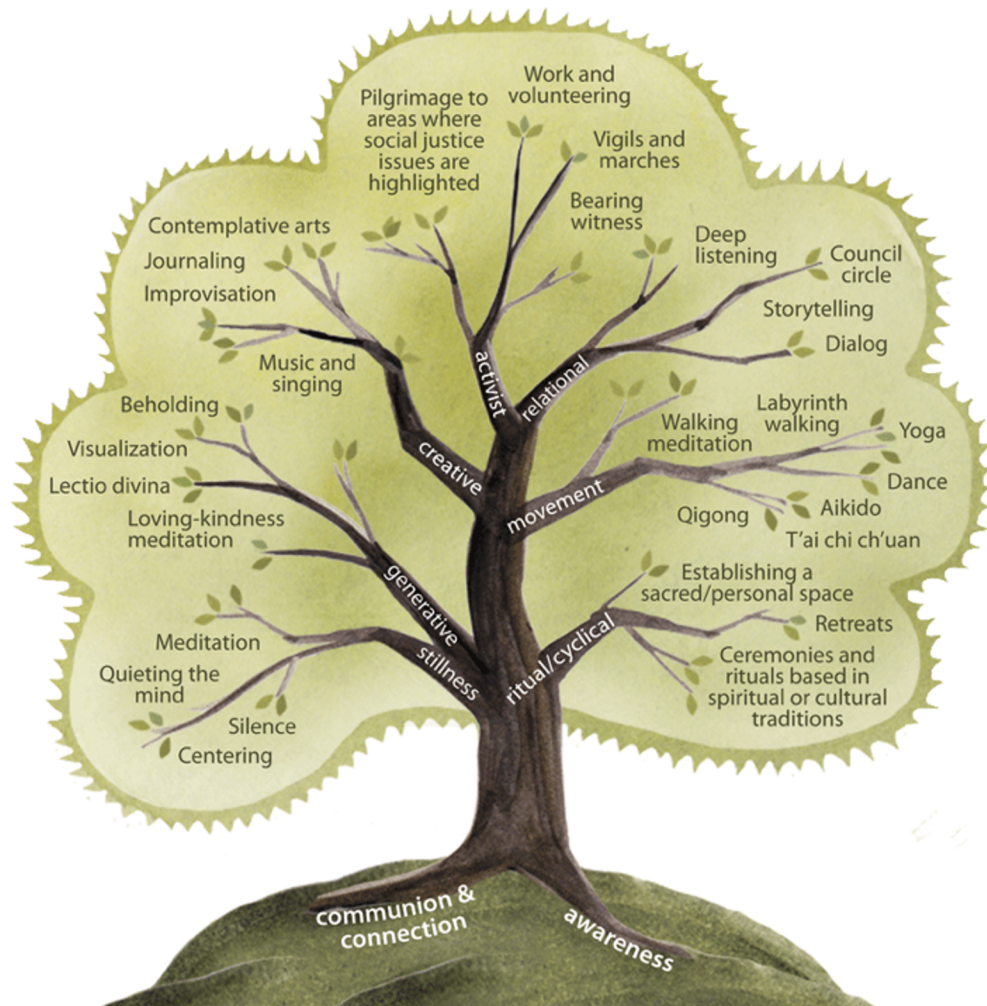
5

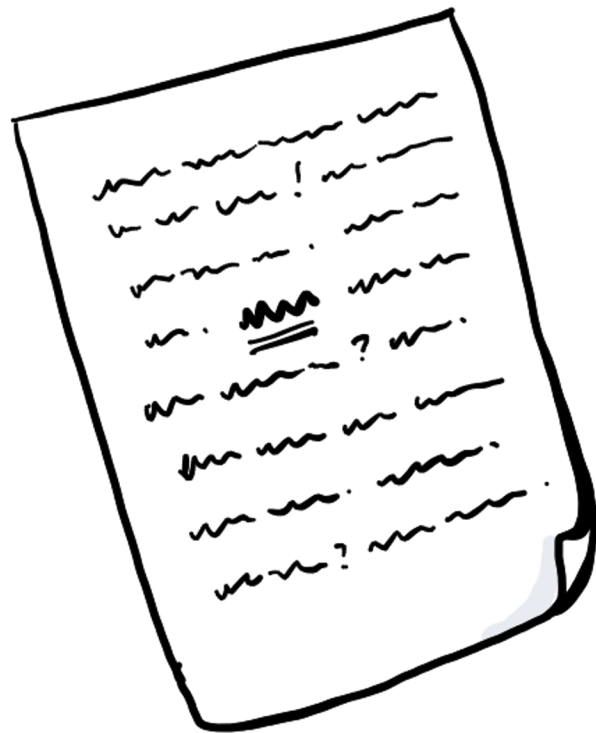


DOING THIS
FOR A LONG
TIME, AND
WITH OTHERS









Test how self-compassionate you are

Please read each statement carefully before answering. To the left of each item, indicate how often you behave in the stated manner, using the following scale:

Almost Never	Occasionally	About Half Of The Time	Fairly Often	Almost Always
1	2	3	4	5

? - Choose o 1. I'm disapproving and judgmental about my own flaws and inadequacies.

? - Choose o 2. When I'm feeling down I tend to obsess and fixate on everything that's wrong.

? - Choose o 3. When things are going badly for me, I see the difficulties as part of life that everyone goes through.

? - Choose o 4. When I think about my inadequacies, it tends to make me feel more separate and cut off from the rest of the world.

? - Choose o 5. I try to be loving towards myself when I'm feeling emotional pain.

self-compassion.org

1



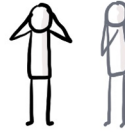
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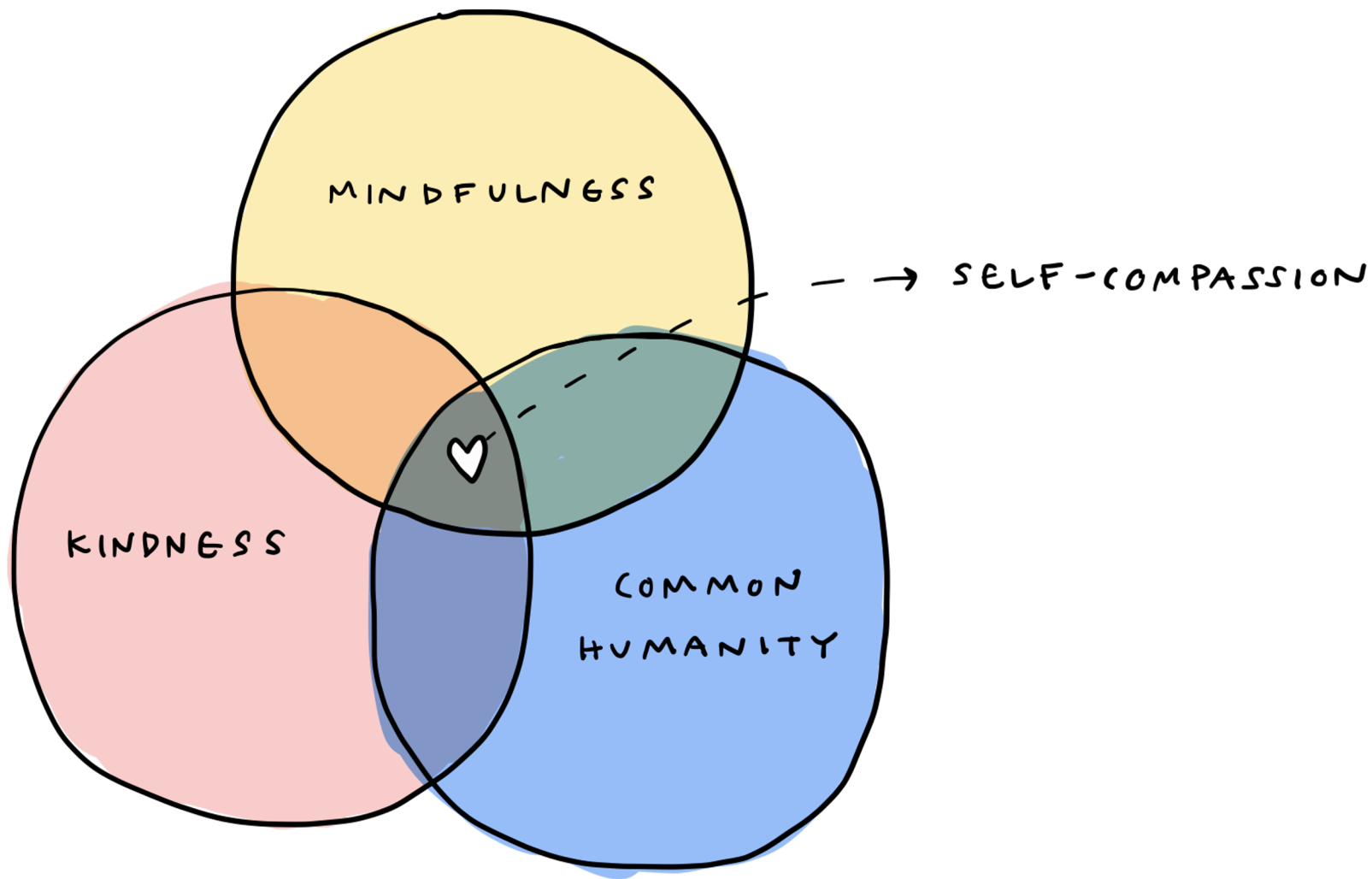
5



DOING THIS
FOR A LONG
TIME, AND
WITH OTHERS







1



NOTICING OUR
EVERYDAY LIVES

objects
shapes
washing dishes

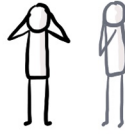
2



NOTICING
STRESSFUL
MOMENTS

naming
backdraft
trauma

3



NOTICING
THAT WE ARE
NOTICING

stimulus
response
watcher

4



RESPONDING
WITH
KINDNESS

friend
voice memos
freewriting

5



DOING THIS
FOR A LONG
TIME, AND
WITH OTHERS

decades
community



THANK YOU!



BECKTENCH.COM



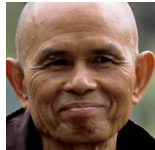
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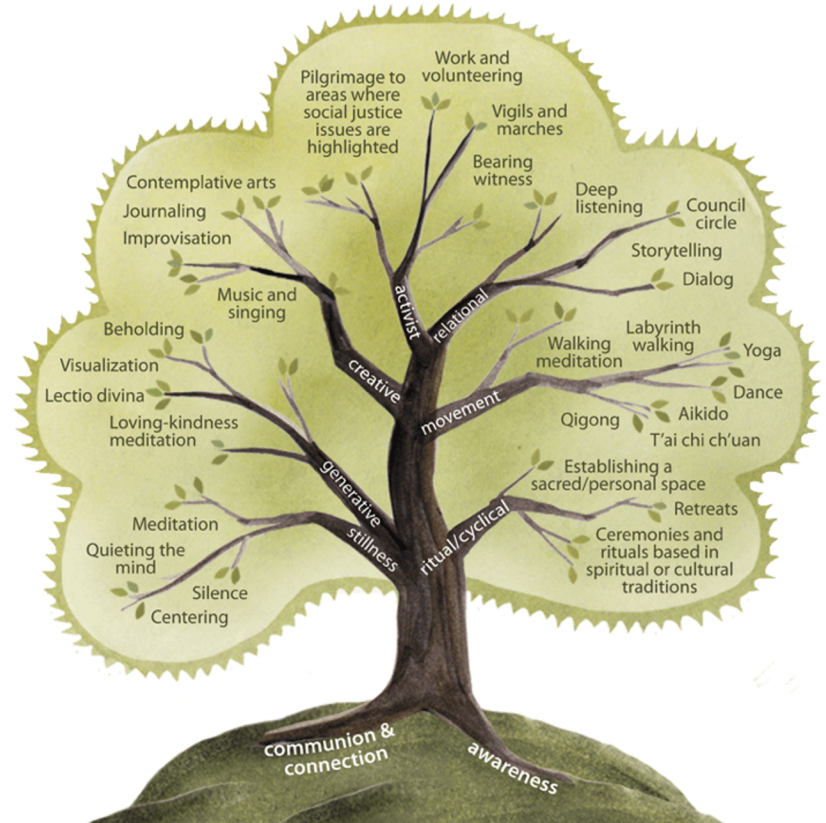
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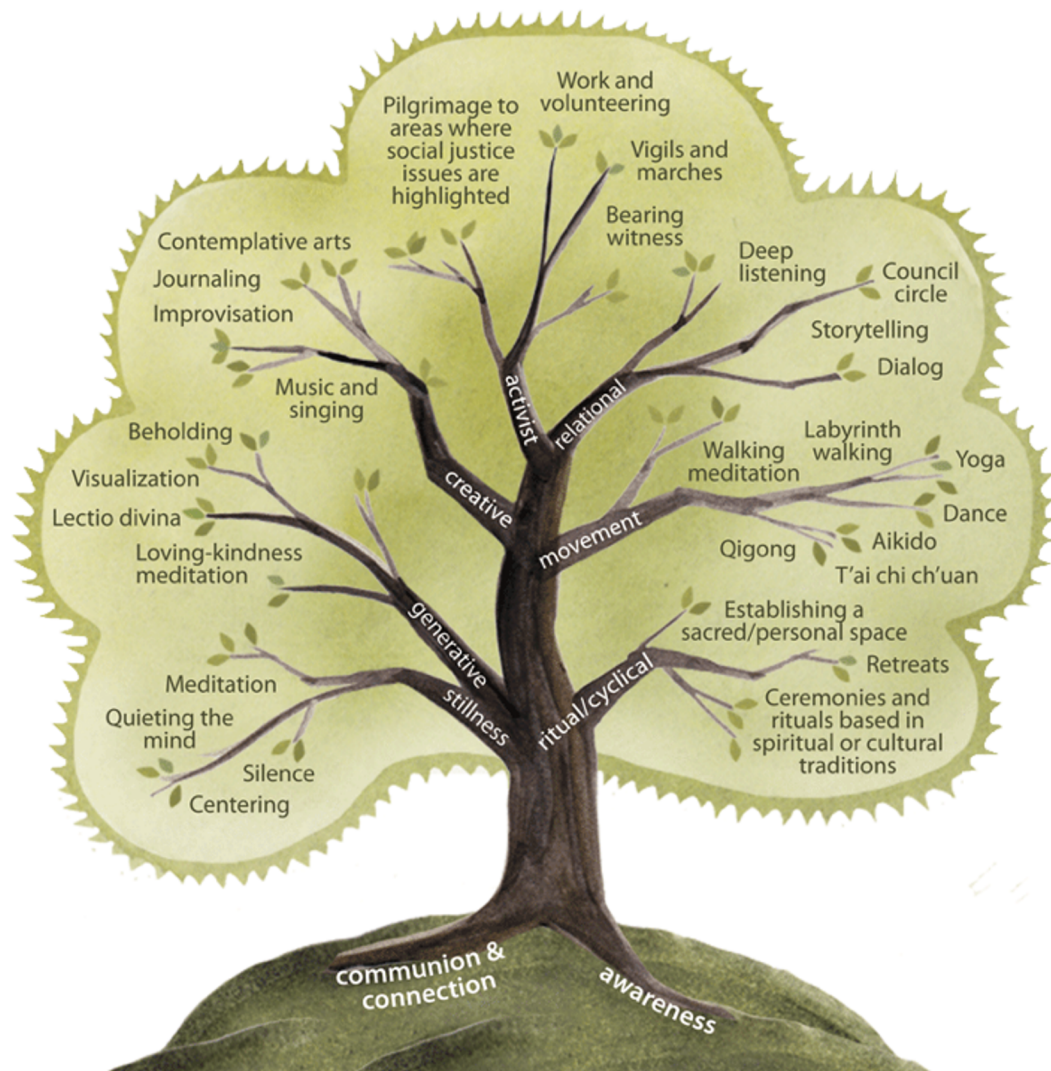


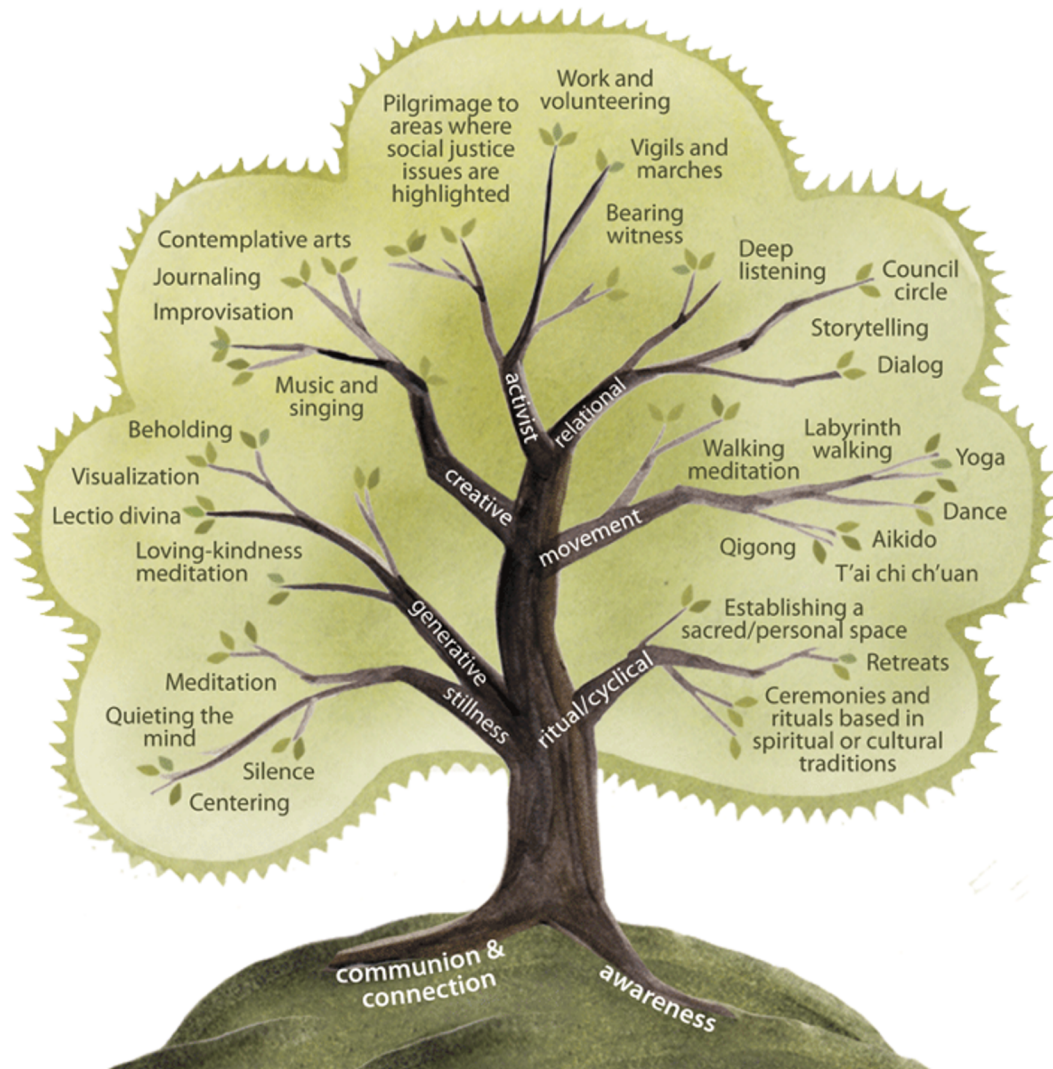
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← MAIA DUERR





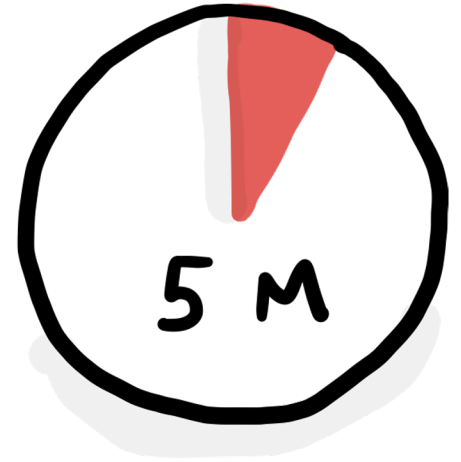
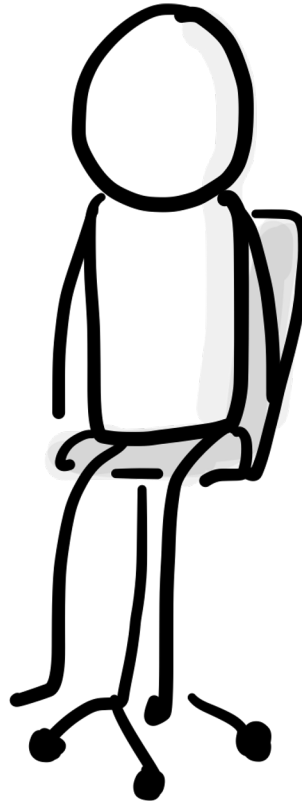


1

Which branch do you identify with the most? Why?

2

Which branch challenges you the most? Why?



THIS IS A
MOMENT OF
SUFFERING



SUFFERING IS
A PART OF LIFE



MAY I BE
KIND TO MYSELF
IN THIS MOMENT

