

Connecting with Patients Using Compassion-Based Skills Takeaways

Thank you for attending the session. Below are some takeaway notes on the “in the moment” compassion practices.

Coming into Regulation or How to Activate the Vagal Nerve

Grounding practice: <https://www.youtube.com/watch?v=18BFZdBLF5E>

In the moment practices:

- Lengthening your outbreath
- Stretching your neck or jaw
- Spending time in nature or around animals

Intention Setting

Guided intention setting: https://www.youtube.com/watch?v=BO_LegGnbNU

In the moment practices:

- Setting an intention at the beginning of each day
- Recalling your intention before patient encounters

Mindfulness

Step 1: Decide on a “mindfulness bell” that will remind you to use a grounding practice. Some examples of a “mindfulness bell” could be:

- Logging into your computer
- Washing your hands
- When your hand is on a doorknob
- Walking between rooms

Step 2: Engage in a grounding practice you can use during those moments, such as:

- Focusing on the soles of your feet
- Taking 1-3 deep breaths
- Reciting a mantra, such as “this too”

Listening

- Listen to a patient/client until they completely stop speaking
- Listen to a friend or colleague while letting go of “fixing”



Self-Compassion

Compassionate Image practice:

<https://www.youtube.com/watch?v=HLE0V2F8zBk>

In the moment practices:

- When distressed, ask yourself “What do I need right now?”
- Notice when help is being offered, practice accepting it
- Ask for help
- Celebrate someone else’s wellness decisions

Common Humanity

“Just Like Me” practice: <https://www.youtube.com/watch?v=71UNMbyTwbA>

In the moment practices:

- Practice using the mantra “Just like me”
- Practice loving kindness for your day list or those around you
 - May you be happy
 - May you be healthy
 - May you know peace and joy
- For someone exhibiting compassion seeking behaviour-ask yourself, “What is their unmet need right now?”

Compassion Satisfaction

- Celebrate successes
- Try a gratitude practice
- Accept thanks when it is given

Additional Resources

- [A Fearless Heart](#) by Thupten Jinpa
- Compassion Institute free guided meditations:
<https://www.youtube.com/@CompassionInstitute>
- Wendy Dean on mindfulness
<https://kevinmd.com/2020/07/mindfulness-as-a-diagnostic-tool-not-a-treatment.html>
- Gratitude - 3 Good Things from Duke University
<https://www.youtube.com/watch?v=OYMQYhey08w>
- Insight Timer- Compassion Institute practices coming soon