

BE HERE NOW SCHOOL:  
RESTORE WITH COMPASSION TOOLKIT

# The Secret to Restoring Yourself with Compassion

How to be compassionate with yourself

Lessons distilled from Rick Hanson, Ph.D.  
Created by Jennifer Finch, M.A., LPC



*"If I am not for  
myself, then who will  
be for me? If not  
now, when?"--Rabbi  
Hillel*

## COMPASSION IS A SKILL

It needs to be cultivated and exercised regularly for it to  
make an impact in your daily life and within your  
relationships to self and others.

“

SOMETHING TO THINK ABOUT

Many people lose the  
small joys in the hope for  
the big happiness.

PEARL S. BUCK

# *What is Compassion?*

## **IS IT ACTUALLY ACHIEVABLE?**

I consider it "strong back, soft front" training. If it is too hard with strong back and front, it is brittle and inflexible, and breaks under stress. If it is too soft with soft front and soft back, it is too flimsy and often collapses under the energies and demands of those around us.

Compassion is achievable. It starts with Being For Yourself





# *Defining Self-Compassion*

**IMAGINE TREATING YOURSELF  
LIKE YOU WOULD A FRIEND.**

When we treat others with respect and caring, the best in them usually shines. If we could treat ourselves with this same support and kindness, much the same would happen. How would things be different for you in your daily life if you could adhere to being on your own side?



# *Signs That You're Not Compassionate*

## HOW TO TELL IF YOU'RE NOT HAPPY

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### YOU OFTEN FEEL HOPELESS.

Your brain is designed to be changed by our experiences, particularly negative ones, and especially those that were imprinted in early childhood.

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### IMPOSTER SYNDROME IS TAKING OVER YOU.

Comparison mind is on a rampage with the increased use of social media platforms.

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### YOU'VE FORGOTTEN TO DREAM.

Criticism from self and others whether perceived or real push away our confidence that keeps us from growing.



## **Learning Compassion**

### **It is never too late!**

The key to growing any psychological resource, including compassion, is to have repeated experiences of it that get turned into lasting changes in neural structure or function. You begin to leave physical traces of experience behind in your nervous system.

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Next time you enjoy something, simply make note of it. You can also create an experience by feeling the feelings of what it would be like to be on your own side. Practice this with a breath or two.



# *Cultivating Compassion*

## EXPRESS GRATITUDE.

Think of just one thing that changes your life, without it, your daily life would be more challenging.

## PRACTICE OPTIMISM.

Overcoming negativity bias means taking in the good, and holding onto it all day long.

## FIND YOUR PURPOSE.

it is good to be good to yourself, and being good to yourself is also good for others.

SAMPLE MEDITATION

# *Achieving Goodness Toward Yourself*

A GUIDE TO FINDING SELF-COMPASSION

# Being For Yourself

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Bring to mind a time when you were on somebody's side: perhaps a child you were protecting, a friend you were supporting, or helping with encouragement to a student. Remember what this feels like with particular attention being paid to what you are sensing in your body. How are you holding your face? Your shoulders? How is your breathing?

then knowing what it is like to be a true companion to someone else, can you shift this perspective to yourself? Can you get a sense of what it feels like in your body to be an ally to yourself? You looking out for you, helping you, supporting you, protecting you. Hold yourself with a fierce framework that you

# *Challenges to Compassion*

## PAIN

Physical discomfort and/or agonizing pain can be a barrier to feeling these warmhearted feelings, but this is not impossible.

## COMPASSION COMES FROM WITHIN.

When you bring the same support to yourself that you would provide for someone else, you can experience the same health benefits of both giving and receiving compassion. Giving compassion to yourself, just as if you gave it to others, lowers stress and calms the body. It makes you stronger, more able to expand your breath, find your stability and keep on moving forward.

## COMPASSIONATE PEOPLE ARE OPTIMISTIC.

Compassion for yourself is where you start when the going gets tough! This is not where you stop, opt out, or give up! Everyone has pain to some degree, everyone faces death, disease, and suffering. "There is a crack in everything/That's how the light gets in."--Leonard Cohen



# Steps to Compassion

## LEARN COMPASSION

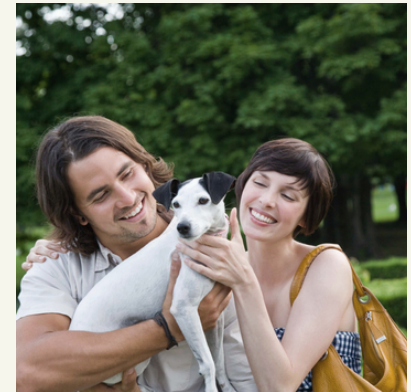
Dedicate some time to develop more compassion for yourself and for others. Take a full class, or build up self-compassionate skills by using these simple meditations. The more you are able to tap into these feelings and rewire your brain and nervous system, you can apply it more readily, whenever you want.

## SIMPLIFY YOUR LIFE.

Cut down on the areas that are no longer serving you. If you are not receiving much in return, feel exhausted, overwhelmed or regretful, it is a good indicator that you need to do a garage sale on that activity.

## DON'T COMPARE YOURSELF TO OTHERS.

Find acceptance. The next sample meditation will help.





## SELF-ACCEPTANCE

A sample meditation exercise.

**LOOK AROUND AND FIND SOMETHING  
THAT EXISTS--AND ACCEPT IT.**

Warts and all, know what it feels like to accept something. Think about a friend, and all the aspects of this friend. Can you feel an easing, an opening, a connection, and a calming as a result? If not examine your experience, notice your judgments, if those come up, can you accept these too?



## THE REALITY

*Accetance can be  
hard.*

BUT REMIND YOURSELF THAT  
ACCEPTANCE OF ALL ASPECTS OF  
SELF AND OTHERS ACTUALLY  
GIVES YOU MORE INFLUENCE  
OVER IT, NOT LESS.

Be aware of judgements that come up and just make room for those too. Be aware of acceptance as an experience itself, an attitude or orientatiion toward things with openheartedness. You do not have to turn away, resist or close down into a narrowed focus. See if you can sink into the spaciousness of self-acceptance. .

*Why value  
compassion?  
Not only does it  
have tremendous  
health benefits but  
it allows you to  
enjoy life.*

HAPPINESS IS FLEETING. COMPASSION CAN BE  
APPLIED IN EVERY MOMENT.



# *Enjoying Life comes from Within*

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## **IT HAS TO COME FROM YOU.**

Compassion practice is a powerful way to care for yourself. "If you take care of the minutes, the years will take care of themselves."--an old saying in Tibet.

# *How to Foster Compassion*

## HOW TO MAKE A POSITIVE IMPACT

Stop yourself from harsh self-talk from your inner critic.

## PRACTICE GRATITUDE.

Stop yourself from that pesky negativity bias and take in the good.

## SPREAD POSITIVITY.

Stop yourself from basking in anger and negativity, choose to be with others who feel like they spread positivity, support, and nourishment to your soul.



# Happiness vs Compassion

HAPPINESS IS AN ILLUSION.

We are all happy some of the time. But some of the time we are facing deep suffering. Compassion involves an inner expansion so we can handle the full spectrum of what life delivers to us.



SEEK FOR COMPASSION INSTEAD.

Compassion is a set of tools that can be given both to others and to yourself.

# Things to Remember

## SELF-COMPASSION IS IMPORTANT.

Getting on your own side will make you more resilient, confident and capable.

## DON'T LET THE GREEN GRASS DISTRACT YOU.

Enjoyable moments enhance your everyday experience. Taking in the good in the now also reduces stress.

## COMPASSION CAN BE LEARNED AND CULTIVATED.

Compassion is a psychological resource that can be fortified to bring inner strength. It can be developed to lead to lasting changes in the nervous system.

## ACCEPTING THINGS AS THEY ARE

Overcoming perfectionism and learning to lean into acceptance practice helps you deal with difficulty more effectively.

## Other Compassion Events

- **CBCT® COGNITIVELY BASED  
COMPASSION TRAINING**

More information can be found at:  
[www.beherenowmindfulness.com](http://www.beherenowmindfulness.com)

- **MEDITATION-THE BASICS**

A FREE course at Be Here Now School that enhances mind stability, which is the foundational skill of compassion.

- **NO DRAMA MAMA**

A four week immersive course learning compassionate tools to hang onto yourself as a mother and learn to give more compassionately to your loved ones.



# *Jennifer C. Finch*

**PSYCHO-THERAPIST, TRAUMA  
EXPERT, CERTIFIED COMPASSION  
AND MEDITATION COACH**

## **BACKGROUND**

Jennifer has a multitude of degrees and specialized certifications in the field of mindfulness, meditation, compassion, and trauma.

## **ADVOCACY**

Jennifer entrusts every single teacher at the Be Here Now School and she highly recommends you try out one of their many course offerings.



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