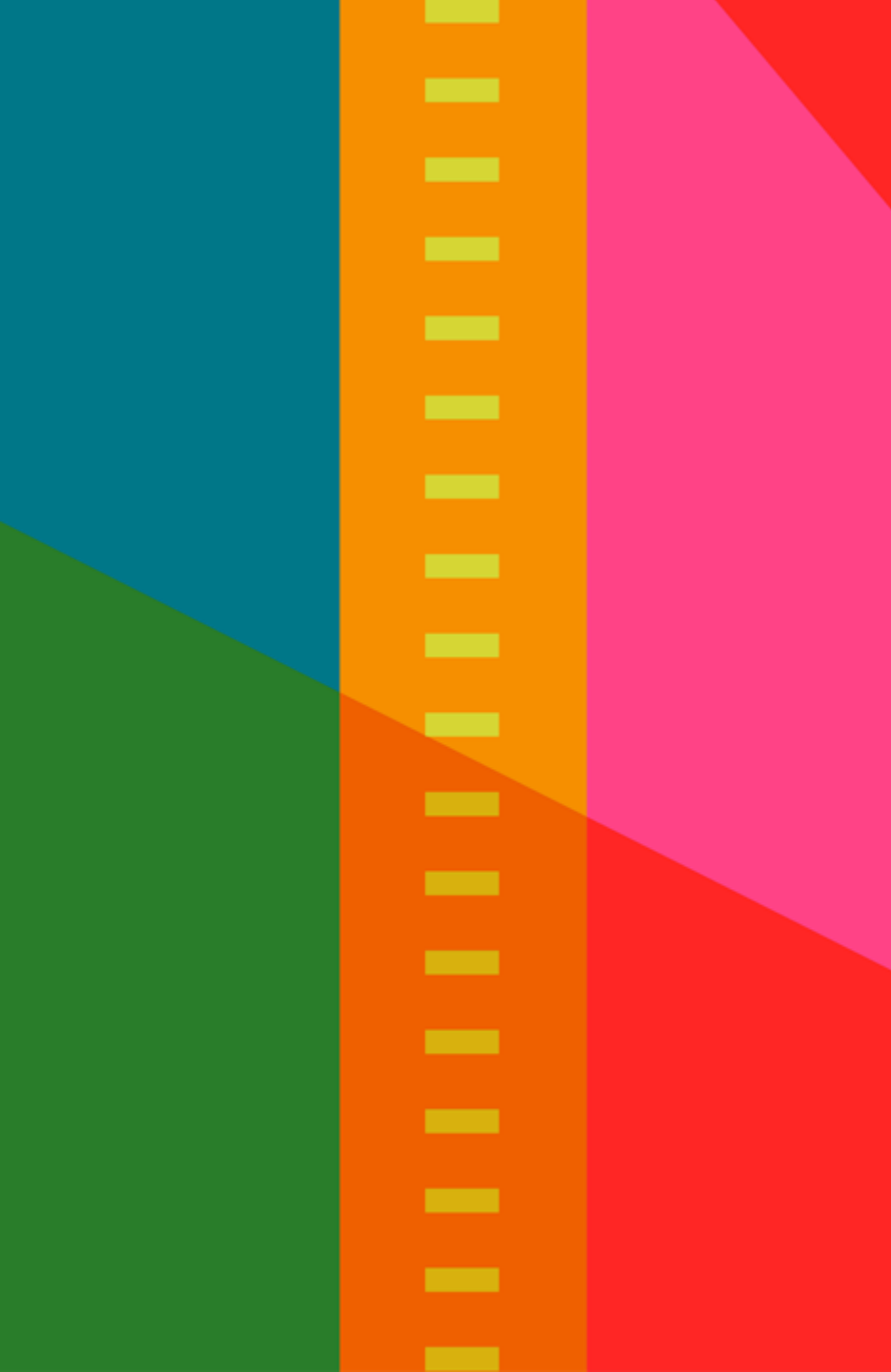




# FY 24–25 Training Series

Focus Today: Mindfulness  
Meditation (*Focus on Self-  
Compassion*)

*In partnership with  
Pajaro Valley Prevention and  
Student Assistance, Inc.*

Presented by:  
Oscar Flores, M. Ed., ACC, CMT-P, IFEC-TMHP  
[www.respondmindfully.com](http://www.respondmindfully.com)

# Disclaimer about Training & Meditation Practices

- I am a coach and educator, not a mental health therapist. I am trauma and healing-informed practitioner. This workshop is therapeutic in nature, but not therapy.
- Stop any practice if it's not helpful to you.
- Education can be an important complement to medical care; however, it is never a substitute for diagnosis, treatment, or care of disease by a medical provider.

*Thanks for signing the electronic waiver.*

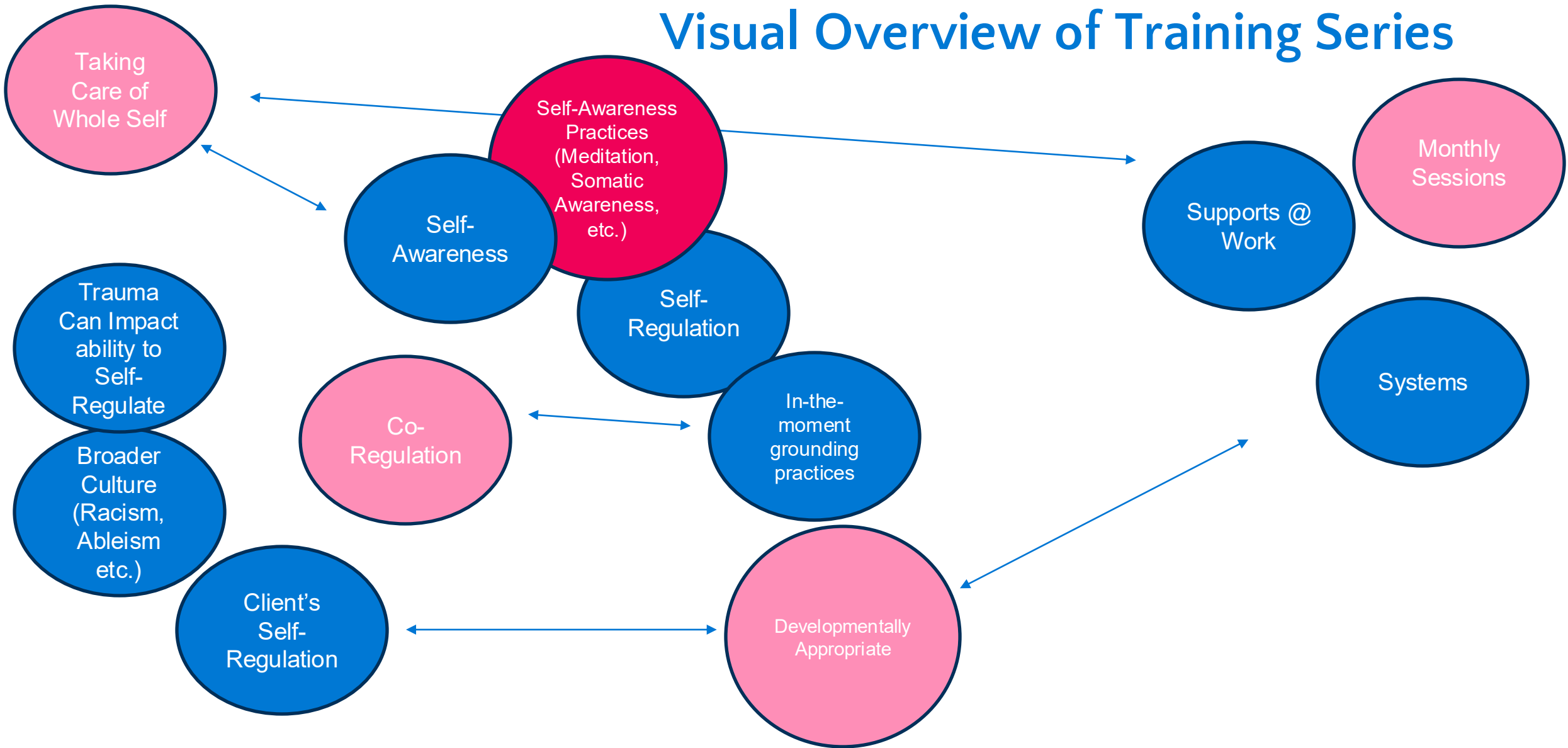


# Community Vibe and Learning Space

## *Any new folks?*

- No advice giving from others (*we are here to primary learn about ourselves*). *If you want advice, please ask. If you want to comment, pause.*
- Speak up or take a step back.
- What is said here, stays here. Learning can move beyond this space.
- Expect non-closure. Good news: we have monthly sessions!
- Keep in mind that there is a difference “knowing” something and following through with a new habit or practice. Approach this training from a curiosity stance, and with humility.
- As it relates to self-awareness and mindfulness, it’s learned best by practicing and modeling – we’ll get more into that later. Notice if you are trying to over-intellectualize.
- This is your training. Your experience is more important than slides; *I will move us forward, if needed.*

# Visual Overview of Training Series



# Transition Practice

*Settling into the body, and into this moment*

How was that practice? What did you notice?

Any "ahas" or insights since last session?



## 5 Mindfulness Meditation Key Practices

- Awareness of Breath
- Body Scan
- Gratitude
- *Self Compassion (Today)*
- *Loving Kindness (Today)*

*All practices support us to Respond versus React*



# Attitudes to Meet Reactionary Moments

## Meditation Perspective

- Beginner's Mind
- Acceptance
- Letting go of Expectations
- Gratitude
- Aware of Judgements

## From Maestro Jerry Tello and Other Indigenous-Based Teachings

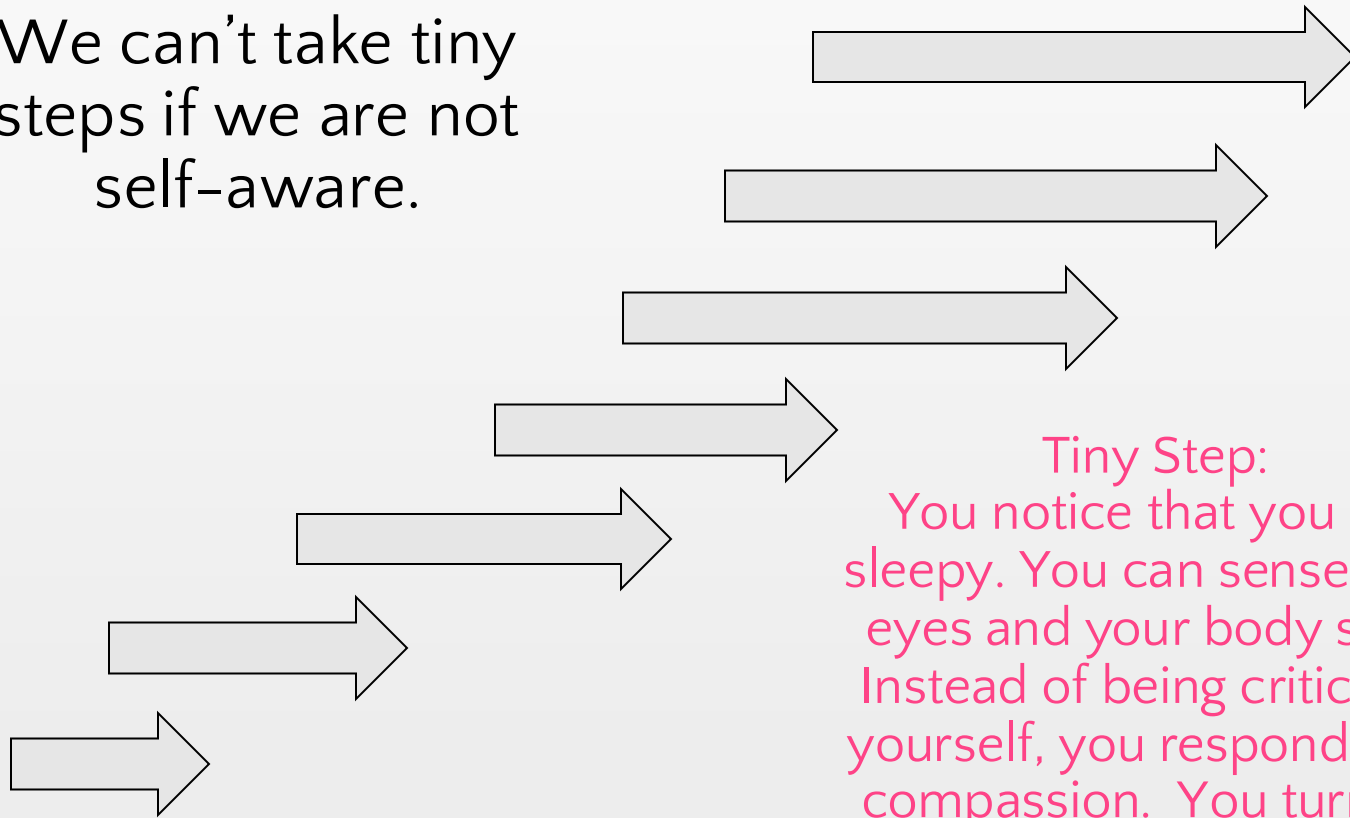
- Acknowledge your Sacredness
- All of You Belongs
- Pain is a Teacher
- Harmony and Balance

*Any other attitudes, values or guiding energy that can or does support you?*



# *Self-Compassion*

We can't take tiny steps if we are not self-aware.



**Tiny Step:**  
You notice that you are sleepy. You can sense your eyes and your body shift. Instead of being critical of yourself, you respond with compassion. You turn off the TV.

*Self-Compassion can help us respond during those small moments*

**Kindness** — Self Kindness vs. Self Judgement

**Common Humanity** - All Struggle vs. I am the Only One

**Mindfulness** - Observing versus Identifying with Issue

Research by Neff, 2013

# Self-Compassion Meditation Practice

What is one area in your wellness journey or professional life that you want to grow in?

Self-Kindness: It's okay that I am here! Can't undo the past, and I accept this. I can be with this.

Shared Humanity: I am not the only the struggles even though sometimes it does feel that way!

Mindfulness: I see you, and I can grow from this. I don't want to ruminate on this.

How was that practice? What did you learn about yourself?

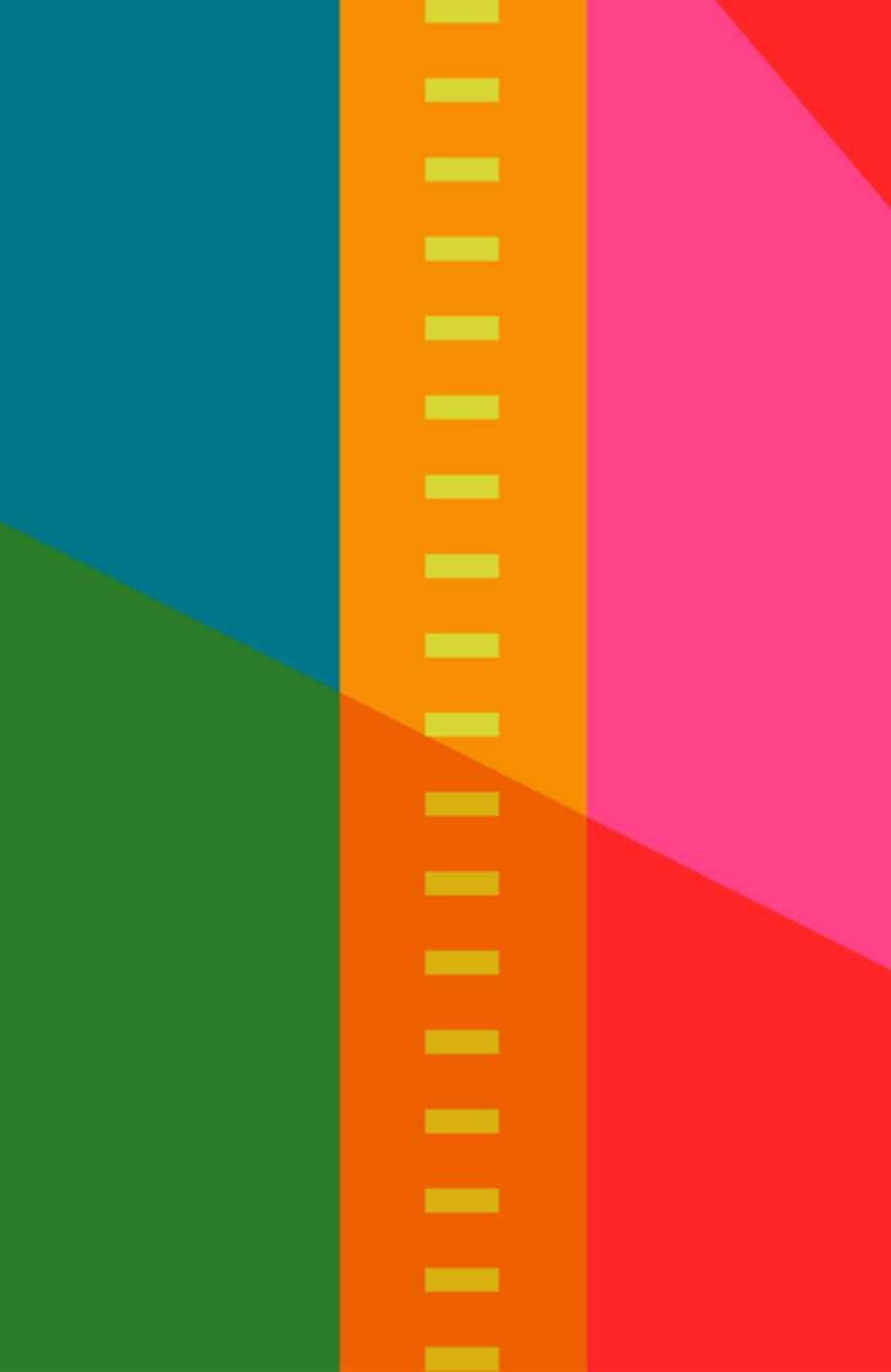


# Self-Compassion Meditation Practice

"Loving-kindness meditation (LKM) aims to develop an affective state of unconditional kindness to all people. Compassion mediation (CM) involves techniques to cultivate compassion, or deep, genuine sympathy for those stricken by misfortune, together with an earnest wish to ease this suffering ([Grossman & Van Dam, in press](#); [Hopkins, 2001](#)). Both forms of meditation (LKM and CM) are centrally related to, and include the practice of, mindfulness, as noted by many scholars and practitioners from varying traditions, including Theravadin, Japanese, and Chinese Zen (e.g., [Bodhi, 2005](#); [Kuan, 2008](#); [Sanharakshita, 2004](#); [Shen-Yen, 2001](#); [Suzuki, 2011](#)).

LKM has been described by [Salzberg \(1995\)](#) as a path of deep spiritual transformation. She wrote: *The path begins with cultivating appreciation of our oneness with others through generosity, nonharming, right speech, and right action. Then, on the foundation of these qualities, we purify our minds through the concentration practices of meditation. As we do, we come to experience wisdom through recognizing the truth, and become deeply aware of the suffering caused by separation and of the happiness of knowing our connection with all beings (p. 6).*"

Source: [National Institutes of Health](#)



# Important Distinctions & Practices

**Mindful in the Moment (Presence)**

**Meditating (Actively ‘Working Out’)**

**Direct Experience versus Visualization Meditation  
(Mindfulness is Mostly Direct Experience)**

**Strategies to Self-Regulate (Active Mindfulness)**

## In few words, we are practicing:

- Noticing the difference between Responding and Reacting
- Noticing patterns of Reactions and Responding (*we don't want to ignore all the wonderful Responses we already embody*)
- Shift from Reacting to Responding

# For Upcoming Sessions

- Today: Mindfulness Meditation 202
- Lifestyle Medicine Science (Focus in January)
- Somatic Awareness (Focus in January)
- Co-Regulation
- Developmentally Appropriate Practice:
- Early Childhood/Preschool-Focused
- Developmentally Appropriate Practice:
- Middle Childhood
- Developmentally Appropriate: Adolescence
- Social-Cultural Awareness
- Equity, Ableism and Neurodivergence
- Mindful Communication
- Conflict and Difficult Conversations



# Transition & Goodbye

What is sticking with you?  
What will you try to practice?

Questions: Oscar@RespondMindfully.com

Resources: [www.respondmindfully.com/pvpsa](http://www.respondmindfully.com/pvpsa)

