

# LONELINESS

1 in 4 are affected by mental illness.

8.6 million adults have suicidal thoughts.

Suicide is the 3rd leading cause of death (age 15-19)



People of colour have less access to care.

Children with anxiety disorders least likely to receive treatment.

1 in 30 experience PTSD.

There's a vacuum inside some of us, and we believe that with "things" the feeling of loneliness will disappear.

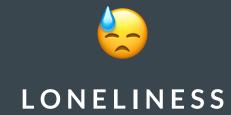
#### But it doesn't disappear for most:

- Even when we are not hungry, we eat.
- We buy things we really don't need.
- We waste time watching TV series.
  all to try to avoid suffering.

This is why we consume so much....

This is due to our "home" (us) being neglected.

Set yourself free as it's a practice of freedom....



When we say something that up lifts us we are feeding love and compassion.

When we speak in a way that causes tension and anger we are nourishing suffering.

We all have a choice on how we want to live.

We need to observe and not absorb by being present and think with compassion.

What you read, write and say can help you feel nourished.

Love = Nourishing



Loving yourself is the basis for compassion.

Compassion arises when you understand your suffering.

It's a beautiful practice of awakening.

When you are listening, you're producing more compassion inside yourself.

You are always protected by your compassion.



#### COMPASSION

A predator is a deeply unhappy person.

Some people stockpile hurt by packing down the pain until the body cannot take any more.

If you lead from hurt and smallness, you have no self-worth.

Whatever you fight strengthens and whatever you resist persists.

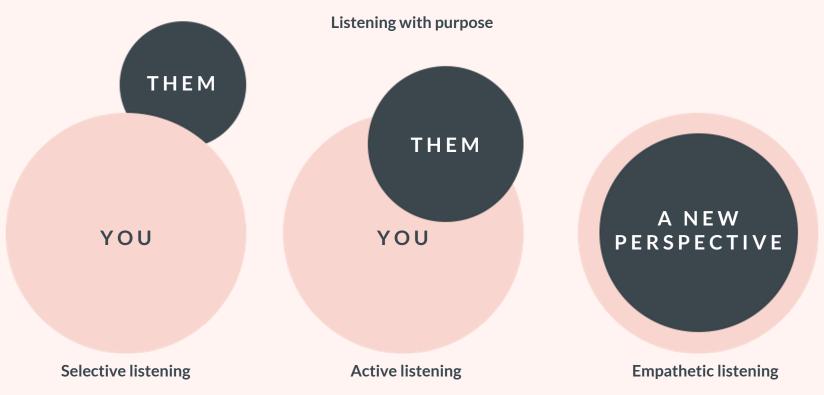
What stands in the way becomes the way.



# **DEEP LISTENING**



#### DEEP LISTENING



We have to seek to understand, to be understood.

If we can understand our clients suffering, we can help them.

From now on say to clients:

# "I want to understand you more."

When we listen with compassion our clients will be open to share.

Deep listening is a wonderful practice that will change your life for the better.



Mind care is like our skin. It protects us.

We have to protect ourselves and bring joy to ourselves and others.

Mind care is about bringing your attention to what is going on in you and around you.



Self-talk is running commentary of what you perceive.

Stop thinking and talking and just be in the present moment.

This gives us the space to listen to others.

If you can't communicate with yourself, how can you listen to others?

When you produce a thought, only you are responsible for it.



#### OVER THINKING

If you speak through your heart, love is in your voice.

Choose your words carefully for each person you communicate with and speak gently, this will nourish the other person.

My question is: do you communicate in low or high resolution?

Train yourself to be a better communicator with deep listening and loving speech so we can heal the world one client at a time.



### LOVING SPEECH

