

# Mindfulness with a touch of Kindness



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## Acknowledgement of Country

MND Victoria acknowledges the Traditional Custodians of Country throughout Australia and their connections to land, sea and community.

We pay our respects to their elders past and present and extend that respect to all Aboriginal and Torres Strait Islander peoples today.



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## Introductions

- Carmela Quimbo  
Carmela has a background in law, social work and pastoral care. She is an experienced yoga and meditation practitioner and has a commitment to journeying alongside people who are meeting with life challenges and transitions. She is dedicated to the practice of cultivating mindfulness, kind heartedness and compassion.
- Andrea Salmon  
Trained as an occupational therapist and has worked for 20 years with people living with neurological conditions. Andrea believes that knowledge is power, among other things!



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## Introductions

- Please share your name
- Who in your life has a diagnosis of MND?
- What's your experience of mindfulness?



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## Qualities of Mindfulness

Mindfulness is awareness that arises through paying attention, on purpose, in the present moment and non-judgmentally.

Jon Kabat-Zinn

- Presence
- Attention
- Kindness



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## Mindfulness and Self-Care

<https://youtu.be/dl5hq5ZQ-W0>

There is no compassion fatigue, there is lack of self-compassion fatigue  
- Dr. Gabor Mate

Check in with our current levels of:

- Presence
- Attention
- Kindness



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## Beginning Mindfulness



- Start where you are not where you want to be.  
*- Ram Dass*
- In the beginner's mind there are many possibilities, in the expert's there are few.  
*- Susuki Roshi*
- I would love to live like a river flows carried by the surprise of its own unfolding.  
*- John O'Donohue*

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## Presence



### PRACTICE SESSION 1 - Arriving



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## Attention



### PRACTICE SESSION 2 – Exploring



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## Kindness



### PRACTICE SESSION 3 – Making Friends



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## Questions

### Sharing of Experience / Thoughts



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## Upcoming events



Living with MND group starts **Thurs July 14<sup>th</sup>**

- 4 X 1.5 hour sessions over 1 month
- Peer support
- Tips for navigating MND
- Emotional wellbeing and MND
- Other wellbeing topics

Information sessions for people who are newly diagnosed and family/friends

- Run 6-weekly
- Next session: **Tues 19 July 6.30pm**

Register for events:  
<https://www.mnd.org.au/events>

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To express interest:  
Call 9830 2122  
or talk with your advisor

### Carer support

- Kitchen table conversations
- Carer wellness days
- Carer respite funding



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