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POSITIVE PSYCHOLOGY, MINDFULNESS AND PSYCHOTHERAPY

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Lise Saugeres

Mindfully Serene, Australia

How can self-compassion improve health and well-being?

Negative self-talk reinforces low-self-esteem, contributes to depression and anxiety, physical health problems and limit what we can achieve in our lives. At times we can be our harshest critic and even more so if we were exposed to frequent criticism and negativity as a child. Research has shown that developing self-compassion through mindfulness practice can greatly enhance emotional wellbeing by boosting happiness, self-esteem and self-confidence while reducing anxiety, depression and other health problems. The purpose of this plenary is to explore how we can be kinder with ourselves and how this self-compassion can improve our health and well-being significantly. Drawing on my own experiences of mindfulness practice and some of my clients' experiences, we will see how in order to be more self-compassionate it is necessary to, firstly, become aware of our judgmental thought patterns and inner dialogue; secondly, change the relationship that we have with our thoughts and emotions; and thirdly, accept what is happening in the present moment. By being kinder with ourselves, we are able to view ourselves and experience the world around us in ways that bring more joy, contentment, confidence and emotional resilience in our everyday lives. When we are more self-compassionate we also become more compassionate and patient with others, thereby improving our relationships and social connections, which also impact positively on our health and well-being. The audience will have the opportunity to practice some mindfulness techniques that will help develop self-compassion.

Biography

Lise Saugeres has a PhD in Human Geography from the UK, and worked for 20 years as a Social Researcher and Lecturer at universities in the area of families and health and wellbeing in Canada, the UK and Australia. She has published over 25 articles in refereed academic journals as well as several chapters in edited books and policy reports. She has been practicing mindfulness since 16 years and started her own business (Mindfully Serene) as a Mindfulness Consultant in 2015. She has a certificate in Mindfulness Therapy and a Certificate in Results Coaching. She has been a Keynote Speaker and is an experienced public speaker workshop facilitator. She has also spoken at many international conferences as an academic. She is passionate about helping people cultivate mindfulness in order to improve their health and wellbeing. Lise is also a singer, songwriter whose melodious sounds and lyrics bring peace, calm and harmony

lisesaugeres1@hotmail.com

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