

Compassionate  
Mindful  
Resilience  
Programme  
Reflective  
Journal



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# Welcome!

Welcome to the beginning of your e-journal journey, designed to complement our Compassionate Mindful Resilience (CMR) course. I'm Karen Atkinson, the founder and CEO of MindfulnessUK, and I'm delighted to share this space with you.

My journey into mindfulness and compassion began over 30 years ago during my nursing career, where I witnessed firsthand the profound impact of a holistic approach on well-being. This experience inspired me to delve deeper into mindfulness and compassion practices, leading to the establishment of MindfulnessUK in 2010. Since then, we've trained hundreds of individuals and collaborated with leading organisations, all with the aim of sharing the transformational potential of these practices.

The CMR course embodies our core values—bringing together mindfulness and compassion to build resilience and foster well-being. Through this e-journal, you'll have a space to reflect, deepen your experience, and cultivate the skills introduced in the course, such as compassionate body scans, mindful movement, and techniques to help you navigate life's challenges with greater ease.



Personally, mindfulness and compassion have been integral to my life, especially during challenging times, such as my recovery from cancer. These practices have empowered me to maintain perspective and foster self-compassion. I find body-based practices particularly grounding, as tuning into my body's sensations helps me align with my core values and find balance.

As you embark on this e-journal journey, I encourage you to approach it with openness and kindness toward yourself. Allow this to be a space of growth, exploration, and gentle resilience. You're not alone—our community and I are here to support you every step of the way.

Warm regards,

*Karen Atkinson*

Founder & CEO of MindfulnessUK



# WHAT IS THE *CMR Programme?*

The Compassionate Mindful Resilience (CMR) programme was designed to widen access to compassion, mindfulness and resilience, ensuring as many people as possible can encounter, engage with and experience these practises, tools and strategies. For this reason, the course is short, just 8-hours in total, with shorter practices, the minimum being 10 seconds and the maximum only 10 minutes.

It is experiential and practical in nature and what is learnt can be applied in any chosen moment such as in a meeting, when having a conversation, shopping and whilst sitting in a phone queue waiting to be answered.

We saw an opportunity in society to open up something that for a long time has been restricted in its reach, understanding and the time it takes to learn. We recognised that there is now an opportunity, even an imperative, to bring mindful and compassionate practice into the mainstream. To recognise that many of us are struggling at the things the world is throwing at us and the AI shift will increase the number of us falling under and sinking.

So much of what we now do in our lives nowadays encourages and supports us in being separate, a situation that can only lead to isolation and associated mental and physical health problems. The power of learning this is tangible and helps us to reconnect, as our neurological systems are hard-wired to do.

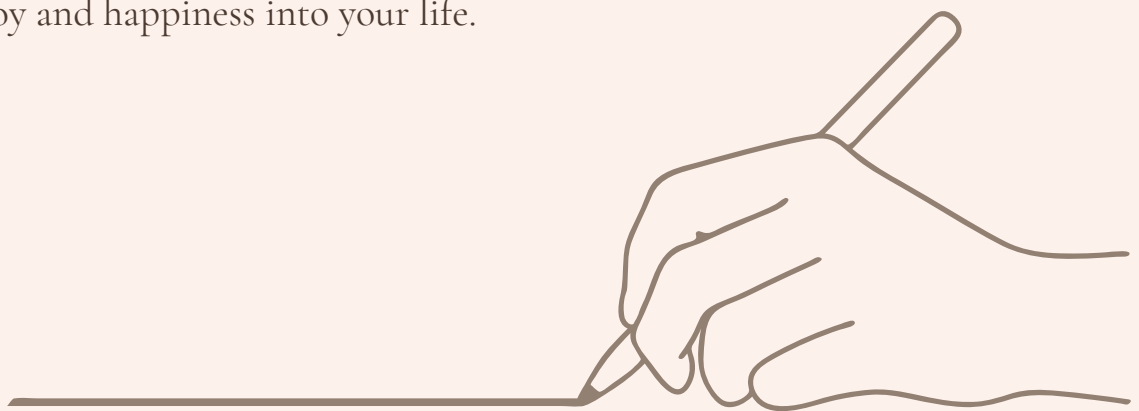


We aspired to bring into the world an evidence-based training programme that can help more individuals, companies, families, communities build resilience, step back, step out and be more aware of what it means to be human. To connect, be kind and thrive.

It's a delight to welcome you to the CMR, an internationally recognised programme due to the robust research evidence over many years. It's a pioneering programme, being the first ever short course to be recognised by the British and European Associations of Mindfulness-Based Approaches.

This reflective journal has been created to support you on the Compassionate Mindful Resilience Programme. Each section aligns with the programme's x8 modules, with associated content relevant to the learning and practices within these modules. It comprises opportunities for tasks and reflections with self-inquiry questions, poetry and quotes, with additional information on posture and positive psychology tools. Each section that creates space for a pause is fillable by downloading and editing the PDF file or the whole journal can be printed if your preference is to have a hard copy of the journal.

We really hope you benefit from the CMR programme and enjoy using the journal to enhance and enrich your experiences whilst learning ways to bring more mindfulness, compassion, joy and happiness into your life.



# Roadmap of the Journal:

MODULE 1:  
EXPLORING  
MINDFULNESS

MODULE 2:  
UNDERSTANDING  
COMPASSION

MODULE 3:  
INTRODUCING  
EMOTIONAL  
INTELLIGENCE

MODULE 4:  
CULTIVATING  
EMOTIONAL  
INTELLIGENCE

MODULE 6: ENHANCING  
RESILIENCE

MODULE 5: DEVELOPING  
RESILIENCE

MODULE 7: FEELING  
RESOURCED

MODULE 8: FEELING  
CONNECTED



## REFLECTION

# *Before I Begin The CMR*

Before beginning the programme, give yourself time to reflect on what has brought you here. Perhaps ask yourself the questions:

1. Why Am I Here?

2. Why am I really here?

3. In what ways would I benefit from becoming more resilient?

4. How do I think that bringing mindfulness and compassion into my life more deeply will benefit me?



# *Prepare Your Environment*

Before you begin writing, take a moment to prepare yourself and create a supportive environment. Find a quiet, comfortable space where you won't be disturbed. Sit in a position that feels both relaxed and alert, perhaps with a cup of tea or a glass of water nearby. Allow yourself a few deep breaths to settle into the present moment, softening any tension you may feel. This is your time—let it be a nurturing experience.

## *Today I am Committed by Lena Shah*



Today I am Committed  
Today I am bold  
Today I do not hesitate  
Today I trust  
Today I ignite my Impetus  
And as new currents emerges  
flowing from my open mind  
and the chambers in my heart  
the seas carrying my beloved dreams  
give way and part

decisions begin to make themselves  
ideas flow  
serendipity frequently knocks at my door  
the right people appear  
luck meets me  
as I finally see  
as I open my mind  
as I listen to my heart  
as I drop old doubts  
as I trust in me



# *Module 1*

EXPLORING MINDFULNESS



# 01

## REFLECTION:

### *Doing and Being Modes*

1. What does it feel like to be in doing mode?

1.

2. What percentage of the day do I spend in doing mode?

2.

3. What does shifting to being mode feel like?

3.

4. What percentage of the day do I spend in being mode?

4.

5. What would it feel like to shift this balance?

5.



# 01

REFLECTION:

## *Benefits of Mindfulness*

Does the definition of mindfulness help you to explore how you may benefit from being more mindful in your daily life?

1.



# 01

REFLECTION:

## *Mindfulness Practice Using an Object*

Being curious about the experiences of this practice, how does it feel to pay attention to the detail of one object for an extended period of time?

1.

2. What did I notice my thoughts do whilst paying attention?

3.

Were there any changes in my body when comparing how I physically felt at the beginning to how I feel now?



# 01

REFLECTION:

## *Mindfulness in Daily Life*

What one activity do I do every day routinely that I could bring more attention to?

1.



## *Remarkable Ordinarity* *by Helen Potts*

Morning teapot faithfully pours brightest amber into a welcome embrace of a faded cup.

Neither admonishes the other for being imperfect, worn or scuffed.

They do not say to the table 'why the wobble'? Or to the spoon 'how so tarnished'?

Instead here is their effortless, ordinary, unremarkable delight.

And yes we too have survived thus far; gently embracing everything as it should be, resting on this steep slope of our wondrous life.



# 01



## *A Mind Transformed by Chika Okorajor*

As I notice, my brain's electric lift,  
sitting or standing with each mindful shift  
New connections spark, and new pathways unfold  
A puzzle rich, with compassion to hold

With each noticed breath, calm is spun  
Chaos subsides, as wisdom begun  
My mind wanders, but I'm aware  
A gentle nudge, and it's back with care

Neurons fire, synapses align  
Insight blooms, like a morning light  
Old pain rewired, with compassion's might  
I observe, without judgment's, flight or fight

With each step, on this mindful way  
My brain changes, day by day  
New choices emerge, like a sunrise bright  
Reflecting wisdom, and an inner light



# *Module 2*

EXPLORING COMPASSION





# *All There For You* *by Angie Ward*

Here is something you may have heard  
Mindfulness and compassion are like two wings of a bird  
It's about our practice, in which we lean  
And our experience teaches us what this means


Mindfulness is one wing  
Shines a light on our stress  
Makes us aware of everything  
We get to know ourselves, not guess

Being mode isn't always light  
Often there's tension, pain, sadness, thoughts and grief  
As humans, we put up quite a fight  
Seeking distractions for a little relief

If we can stay open instead of habitually bound  
Practising compassion; the other wing  
We can stop the exhausting round and round  
And start to fly and make our own hearts sing

Self-compassion isn't about doing something lovely and ignoring what's going on  
It's a practice where everything is allowed to be there  
A gentler, softer, kinder, warm light is shone  
Like a friend saying "this is hard for you, it's okay to care!"

When we are kind to ourselves, we live with more ease  
We can wrap positivity round us, like a glorious shawl  
It doesn't mean situations and others are a breeze!  
Life is a moveable feast, allow yourself to enjoy it all

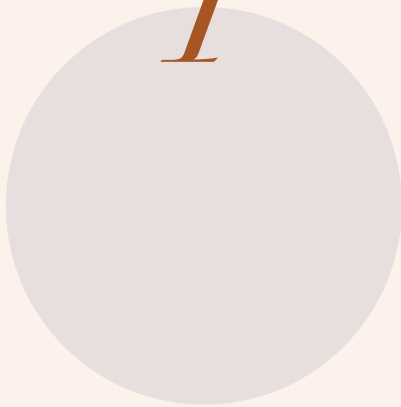


# 02

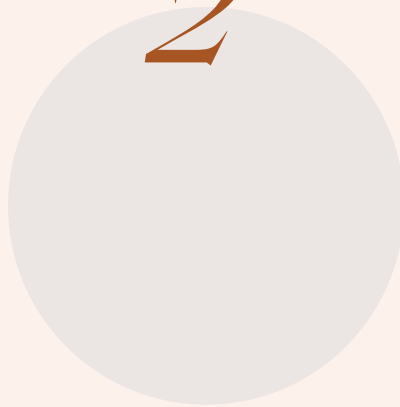
## REFLECTION:

Before exploring what compassion is, jot down 5 words that come up for you when you hear the word compassion mentioned.

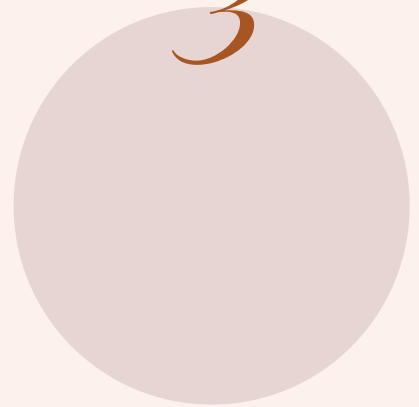
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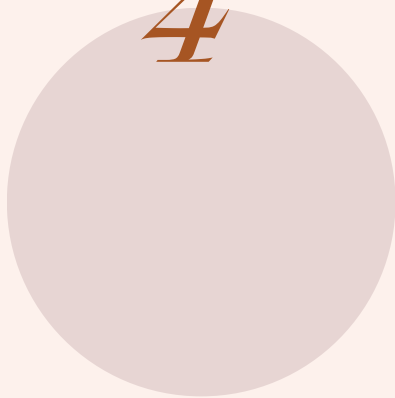
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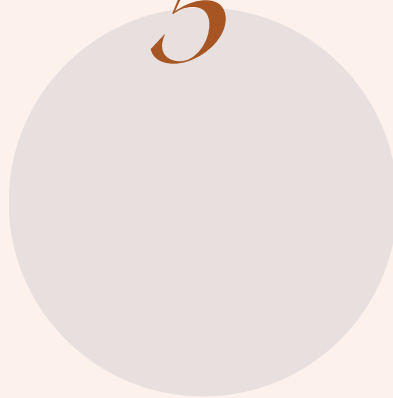
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*4*



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# 02

REFLECTION:

## *Two Wings of the Bird*



What do I notice when I consider my levels of mindfulness and compassion?  
Are they even?

1.

How would creating more balance between mindfulness and compassion  
impact my life?

2.



# 02

REFLECTION:

## *Self-soothing Practice*

1. What was my experience of this practice?

1.

2. How did it make me feel emotionally?

2.

3. Is there a time when this might be helpful for me?

3.



REFLECTION:

## *Compassion Fatigue*

Am I more compassionate to myself or to others?

1.

2. Do I give and give to others, often putting their needs above my own?

3.

What does it feel like to consider that being more self-compassionate might be supportive for me?



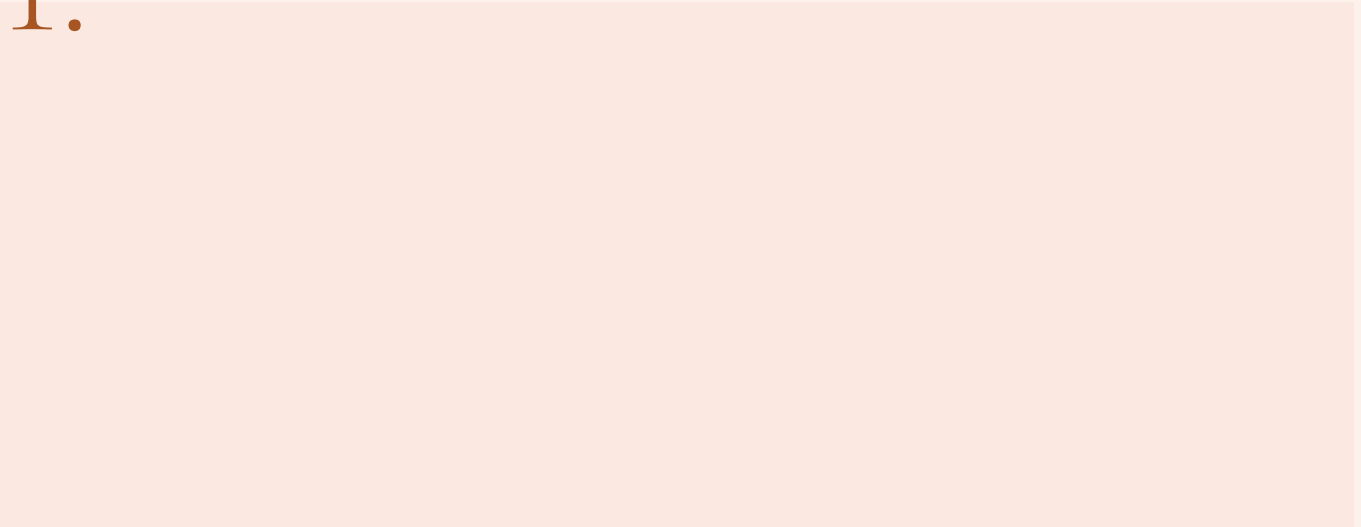
# 02

REFLECTION:

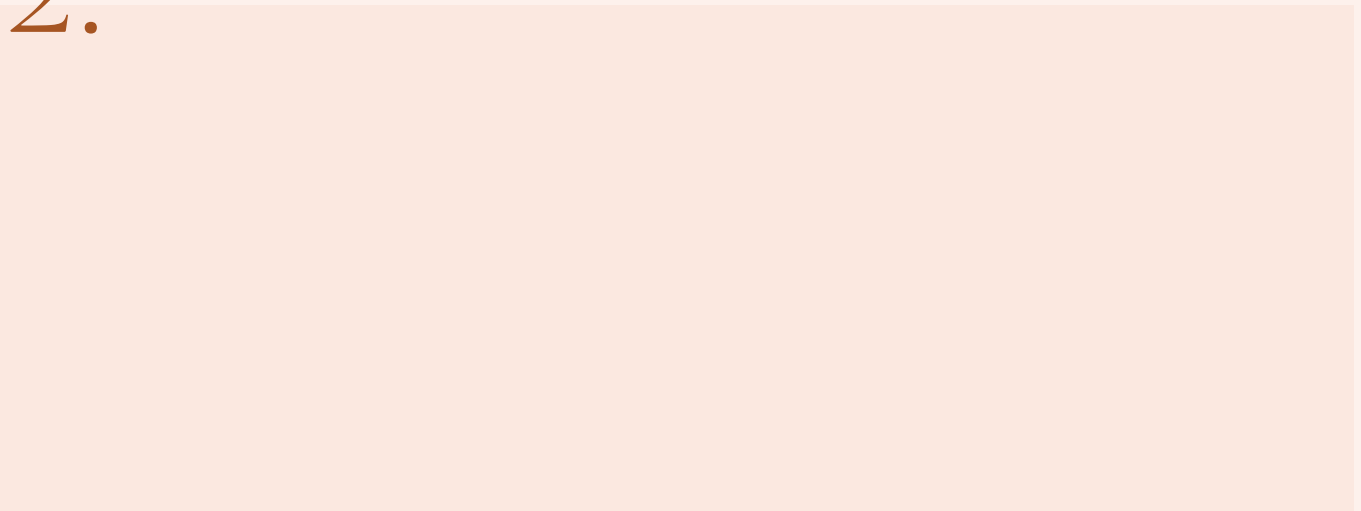
## *Secondary Trauma*

At home, work or socially, am I exposed to endless stories about other peoples' trauma?

1.



2. How does this impact me in my body, heart and mind?



# 02

REFLECTION:

## *Compassionate Body Scan*

What does it feel like to pay attention to my body with an attitude of kindness and tenderness?

1.

2.

I'm curious to explore if there's anything about it that I felt uneasy about:

3.

How might doing this practice frequently impact on my life?



# 02

## REFLECTION: *Home Practices*

### CHECKLIST

- Compassionate Body Scan
- One mindful activity
- Use the object to anchor myself in the present moment



## *The Light Within Us* by Helen Potts

Wise silence of this place, soul body where no words cut, where peace  
is soaring endlessly, effortlessly  
Where we are always enough.  
Breath of homecoming, this faith all worlds share  
Small god of breath  
Let us meet through the breath where our lives befriend air.



# *Module 3*

INTRODUCING EMOTIONAL  
INTELLIGENCE



# 03

## *Just One You Poem* *by Angie Ward*

Giving to others as life goes by  
You get to enjoy the helpers high  
You are perhaps, unaware  
Of the importance of your own self care  
The climb to work becomes very steep  
It starts to affect you and things like sleep  
You still show up with a compassionate heart  
Digging deep, a whole day of help to start  
It doesn't feel like there's a choice  
It feels too much for you to voice  
Feels like too much on your plate  
Negative thoughts start to escalate  
Feeling stressed and very tired  
Your brain starts to change the way it's wired  
The good news is you can change it back  
By learning self-care practice hacks

You can learn to listen to your body and take a much needed break  
To ground, breathe and self-regulate  
To mindfully move  
To self-soothe  
To understand and honour your own needs  
To plant and water those seeds  
Modelling self-empowerment and selfcare  
Will help others to become more aware  
There is always so much to do  
But please know that there is Just One You  
We want you to stay safe and sound  
And carry on the work much needed on the ground



# 03

PRACTICE:  
*RAIN / HEARTS*

R ecognise

A cknowledge / Allow

I nvestigate

N uture

H eart

E nough, just as we are

A wareness

R eassure

T rust to transformation

S ustain practice over  
time

OR

1. What did I experience in each of these stages?



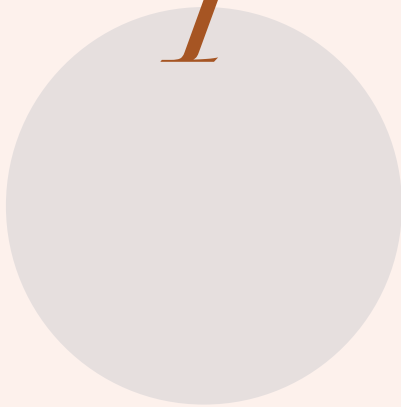
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## REFLECTION:

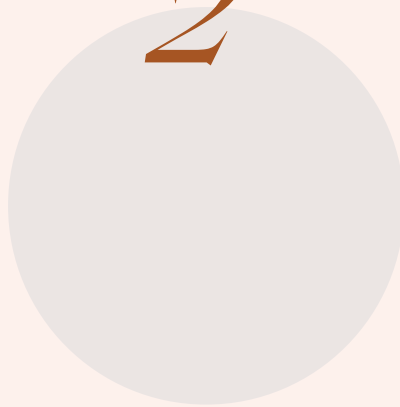
### *Stress*

Taking time to consider times when I feel stressed, note down x5 responses to stress that I experience, including physical, emotional, psychological, behavioural and/or spiritual experiences.

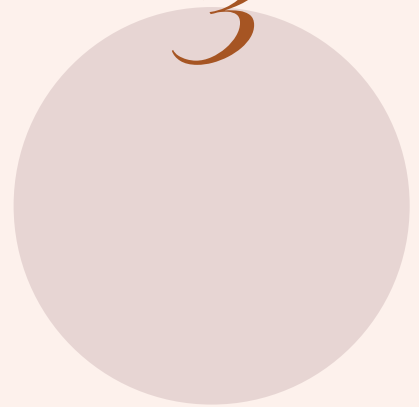
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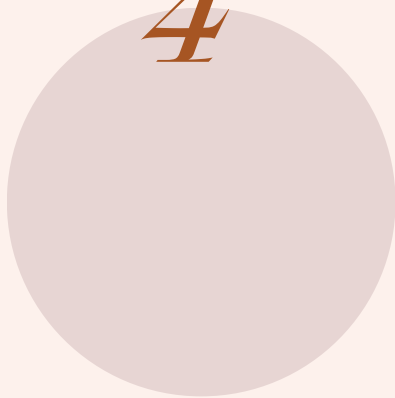
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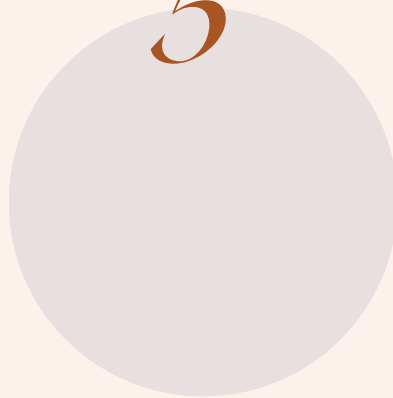
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*4*



*5*



# 03

REFLECTION:

## *How Do Mindfulness and Compassion Help?*

Pause a while to contemplate how mindfulness and compassion may help to ease my experiences of stress, helping me to manage them more effectively.

1.

2. **TASK:** The difference between emotions and thoughts:

The most common thoughts I have:

The most frequently felt emotions I  
experience:



# *Module 4*

CULTIVATING EMOTIONAL  
INTELLIGENCE



# 04

TASK:

## *Emotional Intelligence*

1. What do I understand about what emotional intelligence is?

2. Do I consider myself to be emotionally intelligent and what makes me think this?

### *The Moment* *by Eleanor Bowen-Jones*



I am love and I am pain and I am joy.  
I am fear and I am awe and I am rest.  
I am silence. I am absence.  
I am the void that waits to be filled.  
I am aching legs and a steadying hand.  
I am the taste of sugared lemon, sour-sweet across the tongue.  
I am the trust that enables shared reflection.  
I am dancing with another to my favourite song.  
I am sadness. I am ecstasy.  
I am here and I am now.



# 04

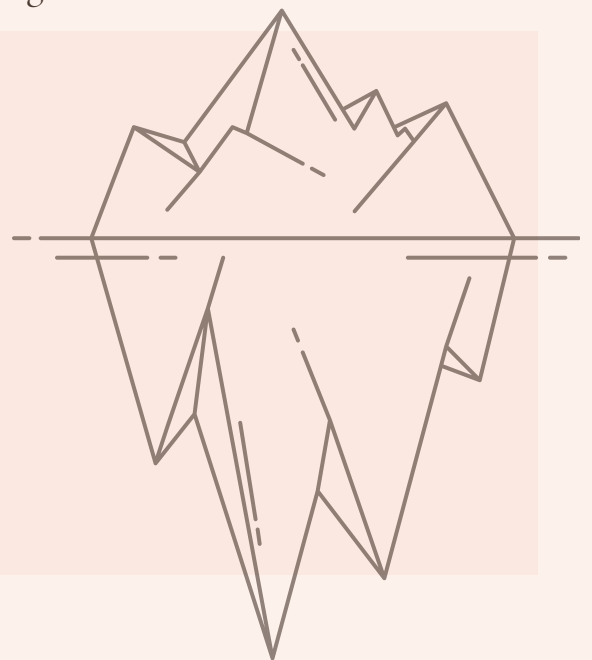
REFLECTION:

## *The Iceberg Model*

What thoughts and feelings arise for me as I begin to appreciate how mindfulness and compassion relate to each other?

1.

2. Which process needs more of my attention right now?

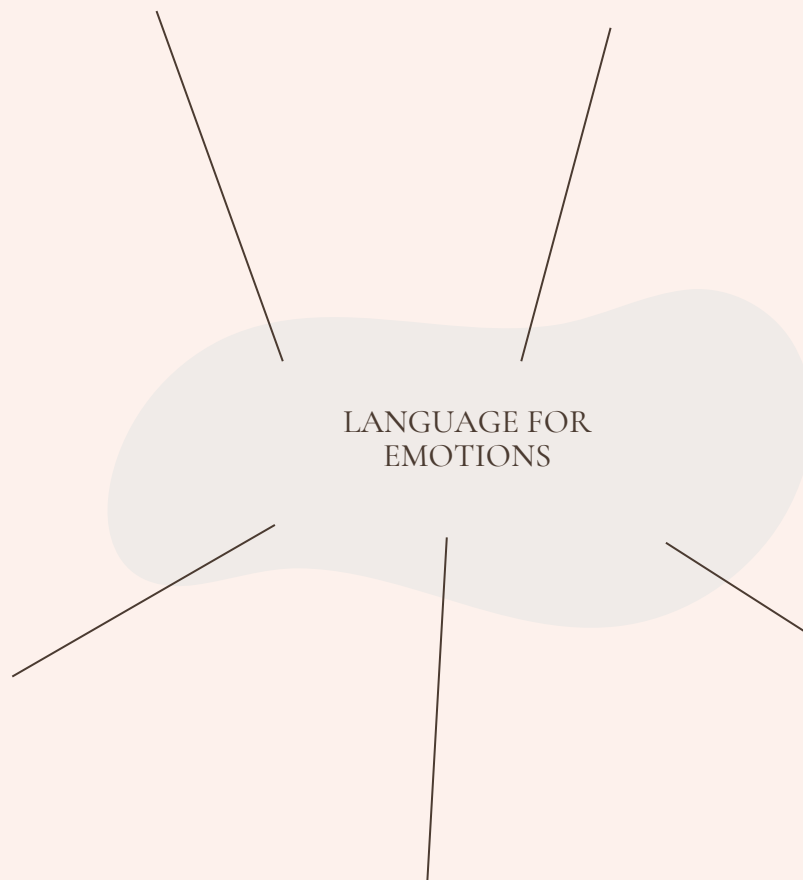


# 04

TASK:

## *Language for Emotions*

1. Note the words that came up in response to this practice using this mind map:



# 04

TASK:

## *Mind Traps*

1. What are my top 3 mindtraps?

REFLECTIONS:

## *Mind Traps*

2. How do these affect my daily experiences?



# 04



## *Train of Suffering* *by Joe Corrick*

I like to prepare for the cold months ahead, to warm my house, my bedroom, my bed.  
Busying for winter I gather my logs, chopping, sawing - my brains in a fog.  
I stack a wood mountain ready to go, I drop a heavy one, right on the toe.  
Ouch! Sod it! that really hurt, my emotional reaction, alert, alert!  
I kick down the mountain, wood everywhere, heaped in a pile, it's not fair..  
I throw my axe into the ground and a cycle of suffering spinning around.

Imagine a train about to leave, strapped in for a journey – or so I believe.

The first stop is 'anger', irritation. I see red. I'm here for a while, stuck in my head.  
I hate chopping wood, what a waste of time, frustrated at myself, it's a bad trait of mine.

The next stop is 'self-talk', negative and mean, I wait here and ponder what should have been.  
Why do I do this? I should have known, it would have led to this negative tone.

The train pulls away and is heading for 'guilt' why did I kick down the mountain I built?  
Why did I throw my present from Dad, the axe has done nothing wrong or bad.

Some time has passed, a note to self - am I passing through stations not good for my health?

I look through the window back at the logs, perhaps now a home for a family of frogs?

It's time to get off as soon as I can and remember where my suffering began.  
I accept my pain in a toe shaped box and treat it with love so it fits in my socks.

Next time I won't bother buying a ticket, I think I'll sit down and watch the cricket.



# 04

TASK:

## *Emotional Resilience*

Describe ways in which I can support my emotional self to become more resilient:

1.



# 04

REFLECTION:

## *Learning to Respond Rather Than React*

1. Does this make sense?

1.

2. In which situations am I reactive?

2.

3. What does it feel like to be reactive?

3.

4. How can I use what I'm learning to become more responsive?

4.



# 04

## REFLECTION: *STOP*

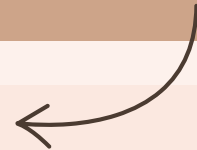
Stop what you are currently doing (if it's safe to do so)

Take one or more breaths

STOP

Proceed Mindfully

Observe your thoughts, feelings and physical sensations in this moment



Using this short STOP coping strategy, do I feel any differently now than I did just a few minutes ago? How?

1.



# 04

REFLECTION:

## *Compassionate Mindful Movement Practice*

1. What does it feel like to be aware of the body whilst moving?

2. What's it like to bring kindness in here?



# *The Kinder Me* *by Eleanor Bowen-Jones*

The kinder me  
She hadn't spoken.  
Lowered gaze on her tea, not me.  
'Are you okay?'  
She sighed, 'Tough day.'  
I reached over, gently touched her arm.  
She lifted her eyes and smiled  
But her tears belied her calm.  
'My boss called me out in front of the team.  
I feel so ashamed.'  
'I'm sorry,' I said, 'that's horrible – that sense of being blamed.'  
She shrugged. 'I'd made a mistake.'  
'We all do,' I reminded her. 'And even so, you're great!  
All the care you've given – everything you've done for that place.  
You deserve to be supported. Not publicly disgraced.'  
We embraced before we parted, keeping each other near.  
'Always remember I love you,' I told her, seeking to soften her fear.

I got home as the sky blue darkened itself to ink,  
Dusk arriving, in a slow, drowsy blink.  
I stepped inside and remembered -  
Something I'd forgotten to fetch.  
'Idiot!' I cursed myself. 'Stupid, incompetent wretch!'  
But I caught myself, remembered,  
The tears in my friend's eyes.  
I paused a moment, reflected, let out a long, low sigh.  
And I thought, 'Who do I want to be?  
Do I want to be her boss? Or better the kinder me?'  
I wrapped my arms one over the other, holding my own self tight.  
'Always remember I love you,' I said,  
Releasing my judgement for the night.



# 04

REFLECTION:

## *Taking in the Good of a Loved One Practice*

What's it like to spend time reflecting on the good things that people do for me?

1.

Blank space for reflection.

2. How does it feel in my heart?

Blank space for reflection.



TASK:

# *How Do I Treat Myself When I Do Something Wrong, Silly, Embarrassing etc?*

Imagine you're walking along with a friend and they trip and fall down.

1. What do you:

THINK?

SAY?

FEEL?

BEHAVE?

Imagine this time that you are walking with a friend and *you* trip and fall down. What do you:

2.

THINK?

SAY?

FEEL?

BEHAVE?

Is this different to how you would be if it were your friend who fell or exactly the same?

3.



# 04

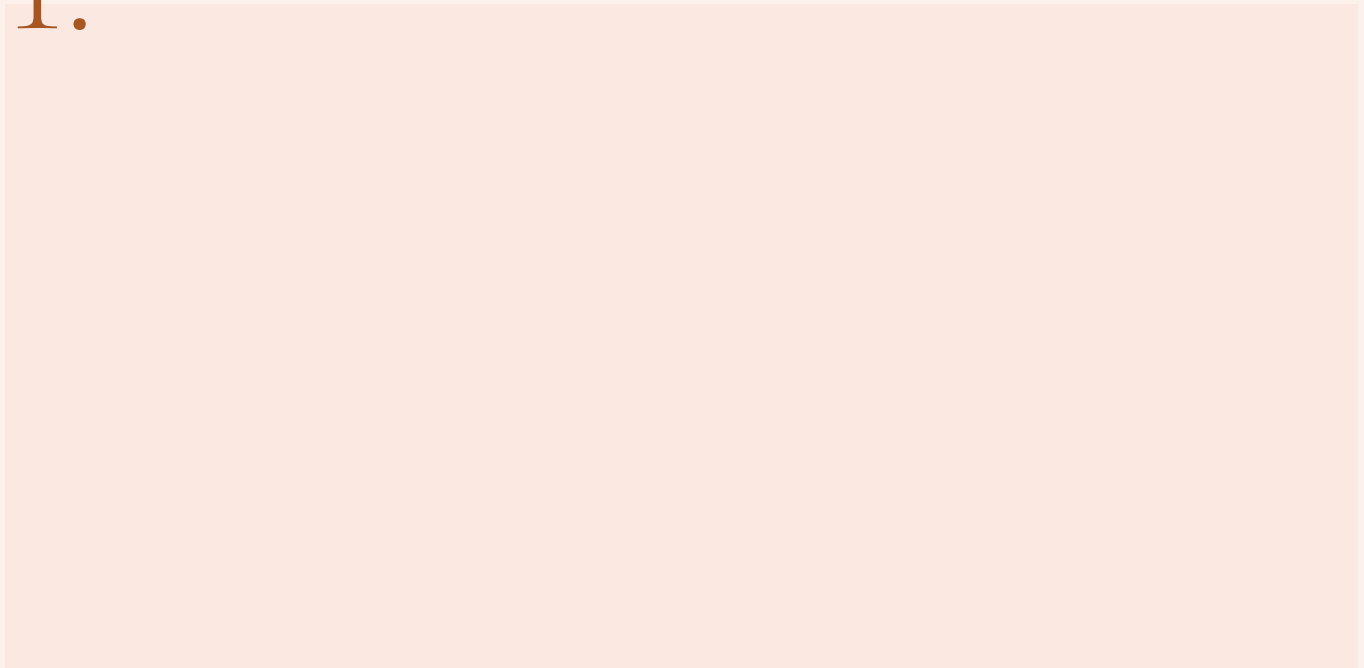
## REFLECTION: *Home Practices*

### CHECKLIST

- Compassionate Movement
- Taking in the good of a loved one

**TASK:** Become aware of how you communicate with others and note this here:

1.



# *Module 5*

DEVELOPING RESILIENCE



# 05

REFLECTION:

## *Affectionate Breathing Practice*

1. What do I notice when you pay attention to the breath?

1.

2. Does my mind wander?

2.

3. What does it feel like to imbue the breath with affection?

3.



# 05

TASK:

## *Relationships*

Think of one important relationship in your life. Note down the components which you think enhance this relationship:

1.

TASK:

## *Listening*

When you're next in communication with someone, either face to face, the phone, virtually, via email or whatever, what do you notice about yourself and about them?

1.



# 05

TASK:

## *Backdraft*

Think about a time when you might have felt overwhelmed, when you might have been experiencing backdraft. Note that event here.

1.

Do you know what supported you in that moment? Would this experience have been different if you'd: Brought in self-compassion? Chosen a mindful activity to pace yourself? Identified a way to bring yourself back to safety

**Please take time to make additional notes here, this is so important in building resilience to support yourself now and in the future.**

2.



# *Module 6*

ENHANCING RESILIENCE



# 06

TASK:

## *Creating My Own Meditation Phrases*

What do I want? What do I need? What do I really need? Make the words relating to needs into short phrases or sentences. Use them as part of your meditation practice.

1.

2.

How does it feel to use my own phrases rather than ones the teacher tells me to use? When might I be able to use these phrases to support myself?



# 06

## REFLECTION: *Home Practices*

### CHECKLIST

- Communicate compassionately
- Using my own phrases to practice
- Affectionate breathing practice

## *Why I Meditate* *by Helen Potts*

To connect...to myself  
To connect...to others  
To memory  
To earth  
All beings...beings now, beings gone, beings not yet begun  
To city  
To landscape  
To poetry  
To the heart of the art

To break open apart  
To sow a kind seed  
To witness my failing  
To feel apricity on stone  
To migrations  
To refuge  
To our collective home  
It's here  
It's now  
It's us



*Module 7*  
FEELING RESOURCED



07

REFLECTION:

## *10 Small Things to be Grateful For Practice*

1. What was my experience of this practice?

2. When could I use this practice effectively?

”

### *Life Force by Lena Shah*

Breathe deep  
Breathe long  
Steady and strong.  
The breath, your humble companion  
Overlooked so often  
A tireless tide fuelling your body  
your modest and loyal friend.  
It never lets up  
Never lets you down with its endless presence  
Of Life Force.  
An energetic grace.



TASK:

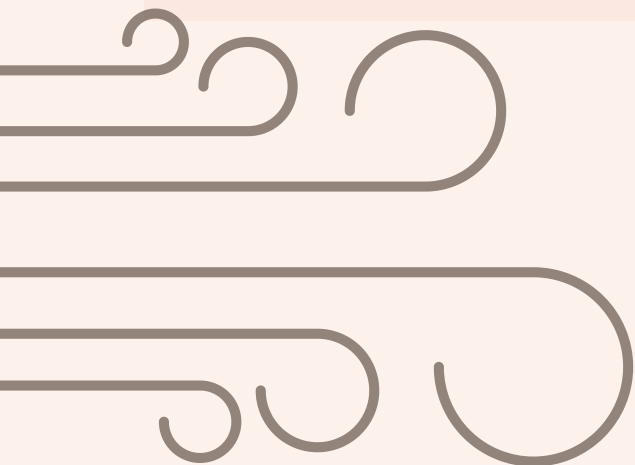
## *Abdominal Breathing*

Pay attention to the movement or lack of it in the abdomen for a few minutes.

1.

2.

What happens when I pay attention to my abdomen?



TASK:

## *Balancing Negativity Bias*

1. List the ways in which my natural negativity bias can affect me

2. Out of the 3 main ways to balance negativity, which one(s) do I already do more of and which one (s) could I do more of?



REFLECTION:

## *Self-Appreciation Practice*

What were the thoughts and feelings that came up for me during this practice?

1.

2.

How easy or difficult is it to appreciate myself?

3.

Is it easier or more difficult to appreciate someone else?





REFLECTION:

## *The Mountain Meditation*

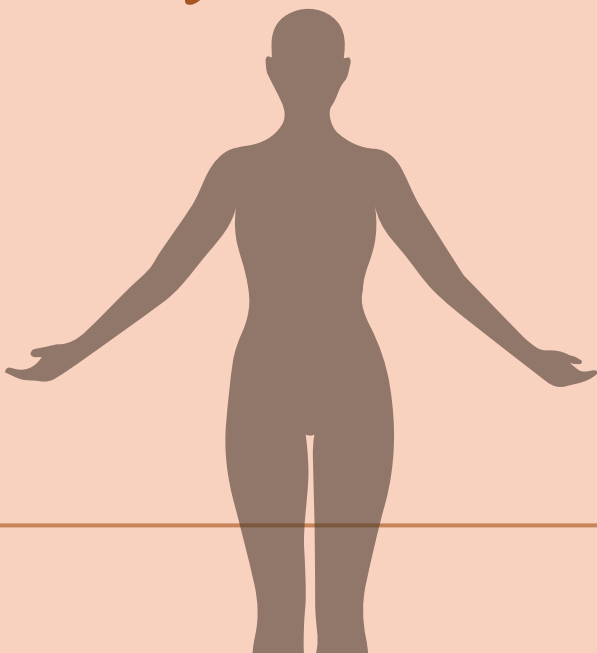
1. What thoughts and emotions could I observe as merely the weather around the mountain?

2. How might becoming an observer help me?



## *Being the Mountain* *by Lena Shah*

Our posture is our approach and openness to life -  
Stand tall  
in the centre of your own life's stage.  
The sturdy, steadfast Mountain  
inspired in the quiet.  
Standing strong with grounding  
Balance and calm infiltrating through the body and mind  
Awareness on your breathing;  
The humble breath,  
the beginning and end of everything.  
Connecting you to the Universe inside and out.  
Through the soles of your feet, your spine.  
From the core of the earth  
to the sky and beyond



# *Module 8*

CONNECTING



# 08

TASK:

## *Keeping the Learning Alive*

How can I keep going with feeling supported, learning and developing my meditation practice?

1.

2.

What are my next steps?

3.

What and whom do I need to continue on this path?



# 08

TASK:

## *My Learning on the CMR*

1. List the x3 top learnings that I'll take from this course

1.

2. Where might they support me, at home, work, in relationships, socially?

2.

3. What other resources do I need to access?

3.



TASK:

## *Writing a Letter to Myself*

Take your time to reflect on what you've learnt on the CMR, how and what you'd like to do differently from hereon in. Use this space to write a letter to yourself that you will revisit in 3 months' time. **What would you like to have achieved? What would you like to do differently? How does it feel to know you have some agency in your own future?**

1.



08



*Space in Time*  
*by Lena Shah*

There is a gift available to all of us  
to make time timeless  
when we finally stop running  
when we face the web of illusions  
see the shadows  
this is the moment when we enter a new frontier  
transforming bitter tears to sweetness  
and a stirring from a secret place begins to spring  
resurrecting hope  
rekindling joy  
a new life flowing through our hearts  
a wild and wonderful ocean  
the new ways  
new dreams



# Thank you!

As you conclude your e-journal journey, I want to thank you for allowing me to accompany you on this path of self-discovery and growth.

At MindfulnessUK, we are dedicated to empowering individuals, professionals, and organisations with the tools to thrive through mindfulness and compassion-based practices. Our accredited programmes are designed to transform lives, fostering healthier minds, workplaces, and communities.

If you'd like to continue exploring mindfulness and compassion or learn more about our courses and resources, please visit our website at [www.mindfulnessuk.com](http://www.mindfulnessuk.com). You can also reach out to us directly at [info@mindfulnessuk.com](mailto:info@mindfulnessuk.com)—we'd love to hear from you and support your journey further.

Remember, the insights and skills you've developed are stepping stones toward a more mindful and compassionate life. Embrace them fully, and know that our community is here to support you every step of the way.

With warmest regards,  
Karen Atkinson  
Founder & CEO, MindfulnessUK



# *Kind Words from Previous CMR Students*

“I looked forward to the CMR course each week and felt so privileged to be given this time to focus on myself.”

“The course helped me to understand how stress shows up in the mind and body and gave me some structure and skills to proactively address these symptoms. The course is forward looking and the practices are manageable in every day life.”

“The CMR course has been a nurturing and motivating experience. I feel it has given me a solid foundation to start my mindful self compassion journey, I thoroughly enjoyed it and would recommend to all.”



*Disclaimer: This e-journal is to be used as a participant of the CMR programme. Taking part in the CMR programme does not qualify you to teach the internationally accredited programme to others in any capacity at any time. If you would like to deliver the CMR programme to others, please complete the Compassionate Mindful Resilience (CMR TtT) Pathway programme. More details on the website [www.mindfulnessuk.com](http://www.mindfulnessuk.com)*

