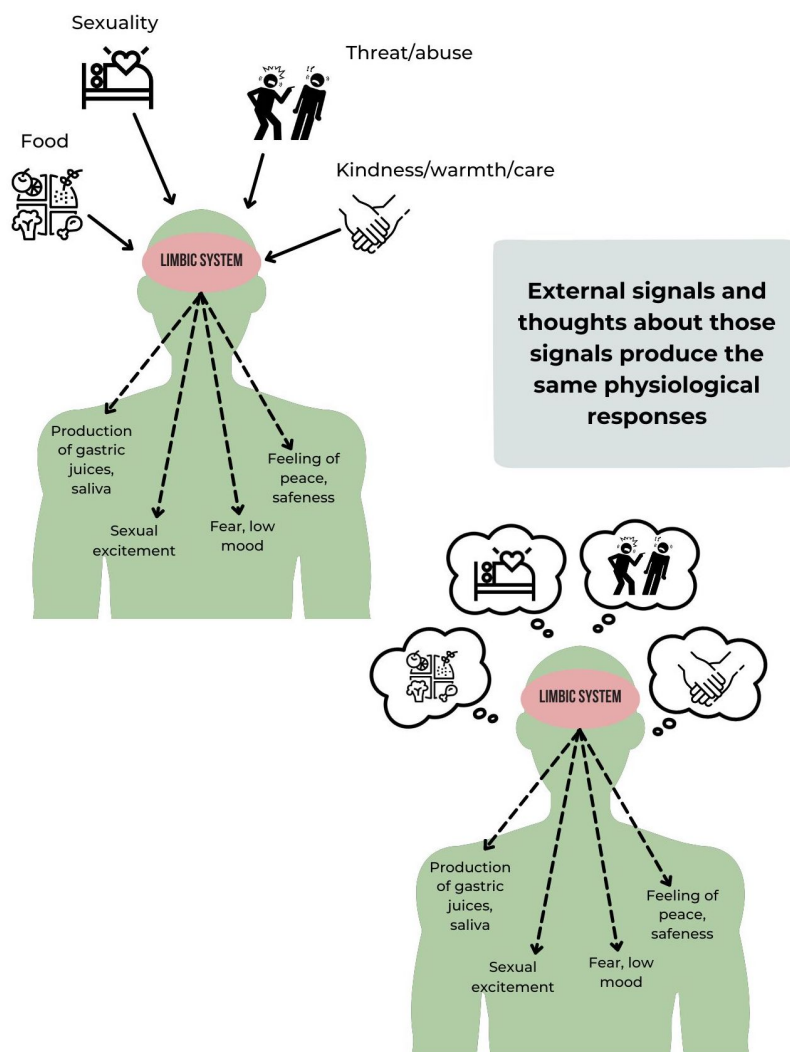


## HANDOUT 1.6: MIND-BODY CONNECTIONS

What we think and imagine has a great effect on our body. If we imagine eating our favourite meal it will stimulate stomach acid and saliva as if we were actually going to eat a meal. What we create in our mind will impact our body. That is why bully-threatening thoughts, images and emotions can make us feel agitated, just as if they were really happening. That is why it is so helpful to cultivate compassionate thoughts and images; they will create the physical reactions in our body that we would experience if we were really treated with compassion.



*External signals (for example food) and thoughts about those external signals (thinking about food) produce the same physiological responses in human beings. Adapted from Gilbert, P. (2009) The Compassionate Mind. London: Constable & Robinson and Oakland, CA: New Harbinger*