

How to Cope with Uncertainty and Fear

Webinar - Wednesday 10th June 2026 – [watch the recording here](#)

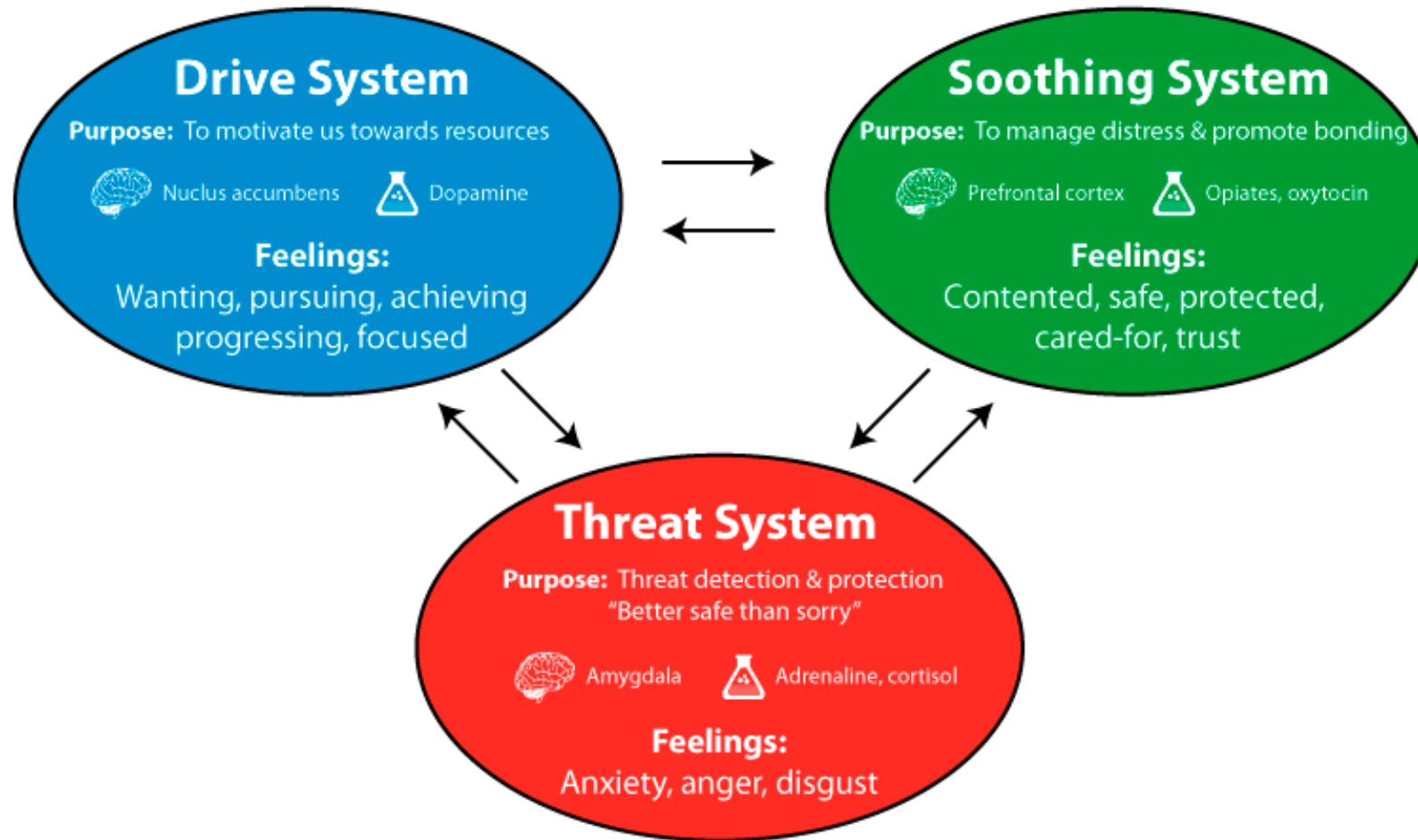
These slides share resources associated with the webinar topic

Panelist Guest: Dr David Shannon, Senior Psychologist,
St. Luke's Radiation Oncology Network

Moderator : Dr Susan Brannick, Clinical Director at Aware

Emotional Regulation Systems

Paul Gilbert's evolutionary model proposes that human beings switch between three systems to manage their emotions. Each system is associated with different brain regions and different brain chemistry. Distress is caused by imbalance between the systems, often associated with under-development of the soothing system.



Adapted from: Gilbert, P. (ed) (2005). *Compassion: Conceptualisations, Research and Use in Psychotherapy*. Routledge.

Resources & Links

- **Dr David Shannon**, our panelist this month has some mindfulness practices on SoundCloud that you're more than welcome to use and share. They are available as a free audio resource [here: https://on.soundcloud.com/4wPhm5EE3ly5z0xGln](https://on.soundcloud.com/4wPhm5EE3ly5z0xGln)
- **Vidyamala Burch**, UK/New Zealand-based mindfulness teacher who has helpfully observed that the behavioral outcome of mindfulness is 'choice': <https://www.vidyamala-burch.com/>
- **Prof. Mark Williams** (Oxford Mindfulness Centre) talks about '*inclining the mind towards self-compassion*', especially when we might at first feel resistant to it; see YouTube clips of Mark and his book with **Danny Penman**, 'Mindfulness: a practical guide to finding peace in a frantic world.' Mark also has a 'Befriending' audio-guided practice as part of the book.
- The Bangor University's Centre for Mindfulness Research and Practice (CMRP) mindfulness website also has some great free audio resources on it see [here: www.bangor.ac.uk/mindfulness/audio](http://www.bangor.ac.uk/mindfulness/audio)
- Other practitioners who have useful resources to explore on self-compassion and awareness practices are **Tara Brach**, **Christopher Germer** and **Kristen Neff** all have YouTube clips, programs and books on self-compassion.

Thanks for joining us!

Next Month's Topic

“Understanding Trauma, It's Impact and How We Heal”

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We rely on generosity and fundraising to continue delivering free mental health supports and services for adults impacted by depression, bipolar or anxiety and their loved ones.

Our Model of Care – *What we offer, find out more at aware.ie*

SUPPORT

Solace Café Dublin & Waterford

Out-of-hours in person mental health support in a friendly community space

Support Line

1800 80 48 48 FREEPHONE
7 days a week, 10am - 10pm

Support Mail

supportmail@aware.ie

Support & Self Care Groups

In person, phone and Zoom peer to peer support groups

THERAPEUTIC

Counselling

In person and Zoom

Mindfulness Based Stress Reduction

MENTAL HEALTH EDUCATION

A range of education options designed to empower adults through learning more about mental health. For those living with depression, bipolar, anxiety or supporting someone - alongside corporate options for education in the workplace

Webinar & Lecture Series

Watch or listen back on aware.ie

Resilience

Life Skills Online

Life Skills for over 65s

Family Support

Living Well with Bipolar

Wellness@Work



Aware 

Aware is the national charity providing support, therapy, education and information to those affected by depression, bipolar and anxiety. Founded in 1985, for over 40 years Aware has been supporting individuals experiencing these conditions and their loved ones. For more information visit aware.ie or call our Support Line 1800 80 4848

aware.ie

Registered charity number: 20013189 CHY6748

