

CUM SCIENTIA CARITAS

COMPASSION EMPOWERED BY KNOWLEDGE

# WHAT DOES COMPASSION MEAN TO YOU?

Images

Emotions

Thoughts

Qualities

Actions

Behaviours

How would you define it?

“A SENSITIVITY TO THE SUFFERING OF  
**SELF** AND **OTHERS** WITH A DEEP  
WISH AND COMMITMENT TO RELIEVE  
THE SUFFERING”

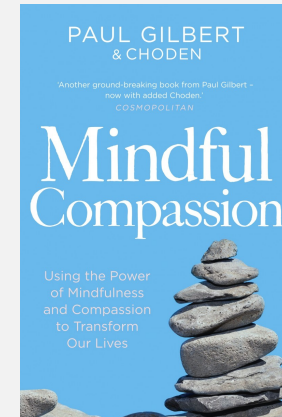
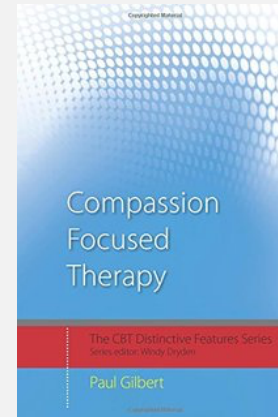
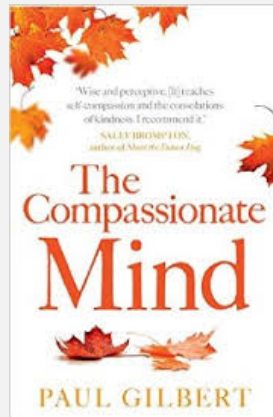
# COMPASSION RATING

- At work how compassionate do you feel you are able to be
  - Towards others – e.g. patient and colleagues
  - Towards yourself
- How well does your working environment / daily structure allow you to be compassionate
  - Facilitators
  - Barriers

# COMPASSION THE THEORY



THE  
**Compassionate Mind**  
FOUNDATION



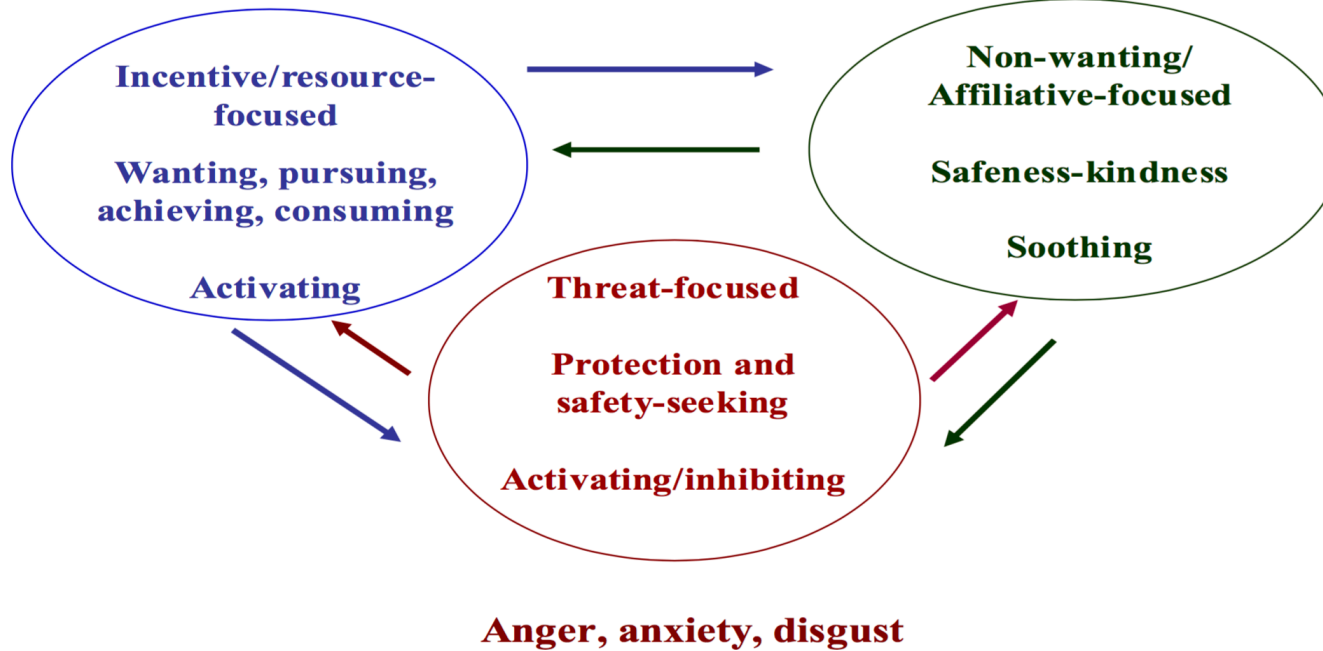
## The Evolved Brain



## Three Types of Emotion Regulation System

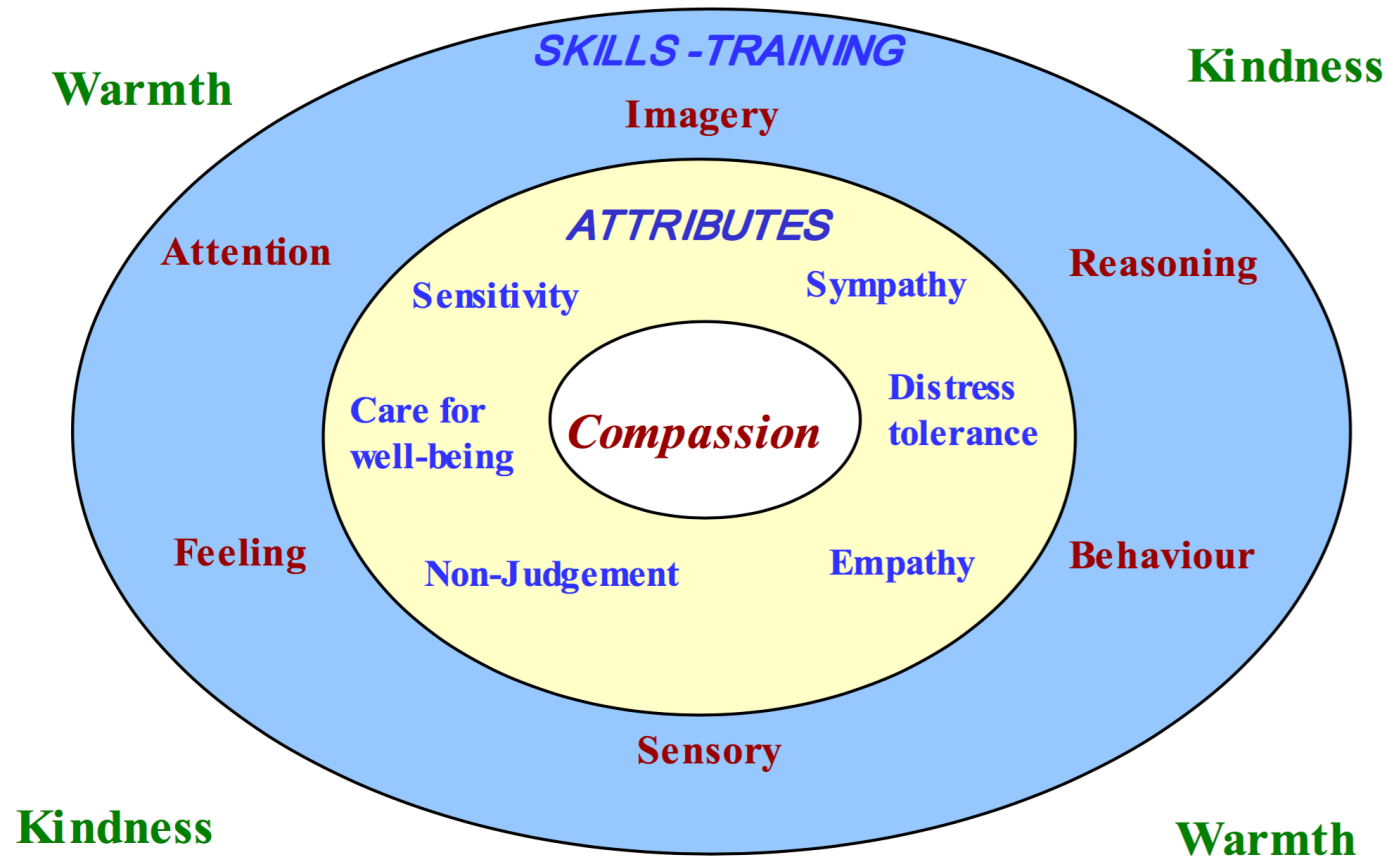
**Driven, excited, vitality**

**Content, safe, connected**





# Multi-Modal Compassionate Mind Training



# SKILLS BUILDING EXERCISES

- Mindful attention
  - Soothing Breathing
- Imagination
  - Compassionate Colour
- Reasoning
  - Building the Compassionate Guide
  - Compassionate letter writing

## Building the Compassionate Guide

- How would you like your compassionate guide to look?
  - old or young; male or female; how tall are they; what clothes do they wear; or nonhuman looking e.g. an animal, sea or light
- How would you like your ideal compassionate guide to sound (e.g., voice tone)?
- How would you like your ideal compassionate image to relate to you?
  - Would your 'guide' have gone through similar experiences to you? Would they be like a friend, teacher, family member?
- What qualities does your guide have that brings full compassion to you and for you?
  - How do they express their wisdom, strength, warmth and non-judgement.
- Draw a picture of your guide

# COMPASSIONATE LETTER WRITING

- Think of an emotionally challenging aspect / event at work
- Bring your compassionate guide to mind and write a supportive letter from your guide
- Your guide might
  - Acknowledge the difficulty and emotions brought up
  - Help you to stand back – how might you feel about this in days, weeks, months; what has helped you to cope with difficulties in the past
  - Help you to feel “not alone” in this – other people may feel the same way; who could you seek support from
  - Help you to figure out what is the compassionate thing to do in this situation if it arose in the future

## HOW MIGHT THIS BE BUILT INTO YOUR DAY AT WORK?

- Start of the day
- Between consultations
- Drinks / Lunch Break
- End of the day