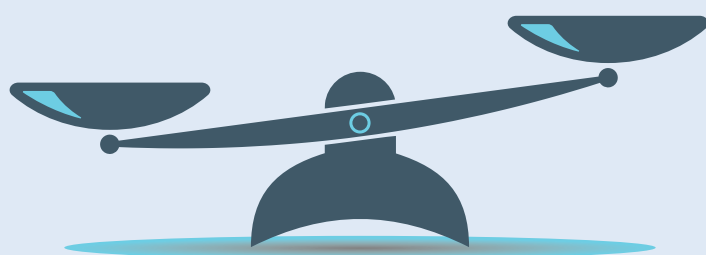




How Compassionate Are You?



Empathy vs. Apathy

Are you able to put yourself in another's shoes? What are some ways you show someone you care?

Engaged vs. Disengaged

How do you avoid distractions and stay present during interactions with patients and colleagues?

Selfless vs. Selfish

How do you show respect to patients and colleagues? How do you recognize when someone needs a hand?

Why should we care about showing compassion in the workplace?

Compassion:

- strengthens relationships with patients and connects coworkers
- enhances organizational performance
- increases caregiver engagement and work satisfaction

7 tips for building compassion

- 1 Say thank you.** Validate others by showing gratitude.
- 2 Embrace your team.** Learn about and appreciate the roles your team members play.
- 3 Perform a random act of kindness.** Smile at a stranger, leave a note of encouragement for a colleague, pay for someone's coffee, complain less.
- 4 Volunteer.** Performing community service improves health and happiness, and builds empathy. 93% of people say volunteering improves their mood, 79% say it lowers their stress and 88% say it increases their self-esteem.
- 5 Engage in constructive compassion.** Ask a struggling colleague if they need a helping hand or shoulder to lean on.
- 6 Practice forgiveness.** Forgiveness helps heal wounds, without excusing the behavior or person that caused them.
- 7 Follow the Golden Rule.** Do unto others as you would have them do unto you.

Remember to practice self-compassion



- › **Develop a growth mindset** to learn and rise from failures. Rather than beating yourself up, answer these three sentences:
 - » I learned to ...
 - » I learned not to ...
 - » Next time I'll ...



- › **Avoid criticizing yourself** for making a mistake or feeling inadequate. Rather, recognize that you're human and, thus, imperfect.



- › **Turn negative thoughts into positive affirmations.** Find a positive phrase that resonates with you, and repeat it to yourself as you go about your day.

Acts of compassion lead to a more positive perspective, positive impact on others and reduced stress. It activates the area of the brain that is associated with positive feelings.

– *Exception to the Rule*

Sources:

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