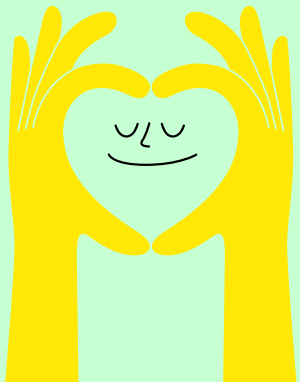

Compassion



COMPASSION IS ABOUT HAVING CONCERN FOR THE WELL-BEING OF SOMEONE IN DISTRESS, WITH A DESIRE TO ALLEVIATE THAT PERSON'S SUFFERING. SELF-COMPASSION INVOLVES BEING COMPASSIONATE TOWARD YOURSELF, ESPECIALLY WHEN DEALING WITH SOMETHING CHALLENGING.

Discussion Questions

1. How can we show compassion to our colleagues? Our families? Our communities?

2. Can you think of a time someone has shown compassion? Can you think of a time you were compassionate to another?

3. How can showing compassion contribute to the well-being of ourselves and others?

Take Action

1. Identify some issues you've seen in your workplace or community that evoke feelings of compassion.

2. Make an action plan as an organization or as a small group to use compassion to solve this issue.

“IF YOU WANT OTHERS TO BE HAPPY, PRACTICE COMPASSION. IF YOU WANT TO BE HAPPY, PRACTICE COMPASSION.”

HIS HOLINESS THE DALAI LAMA

