

Compassion: What is it and how does it help ?

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- What is happening when you are stressed and burning out ?
- What is compassion and self-compassion and how does it help ?

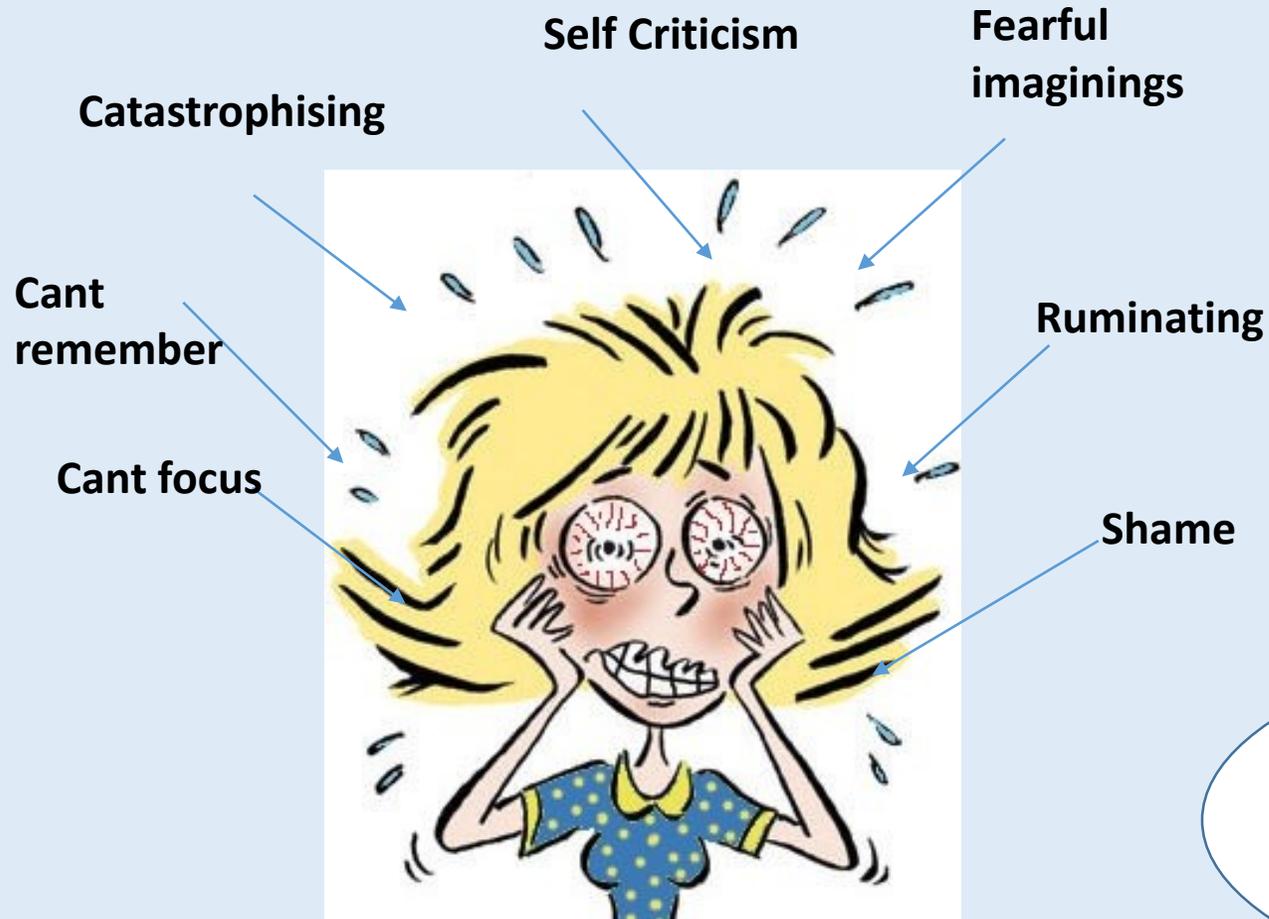


Old Brain



1. The amygdala reacts to a threat
2. The Hypothalamus activates the sympathetic nervous system and releases adrenaline
3. The Adrenal cortex releases cortisol for continued alertness

New Brain



Our old brain moves on but sometimes our new brain gets stuck and we can end up living in a constant state of 'fight or flight'

Our more evolved brain has a greater capacity for compassion and perspective making so.....

Compassion ?

Compassion is attentiveness to the suffering of ourselves and others, with the wisdom and steps taken to relieve it. (Balaam & Harris 2020)



Don't trip over terminology!

- Sympathy, an emotional reaction of pity toward the misfortune of another.
- Empathy, an ability to understand and accurately acknowledge the feelings of another, leading to an attuned response.
- Compassion is attentiveness to the suffering of ourselves and others, with the wisdom and steps taken to relieve it.

(Balaam & Harris 2020).



Oh no, well
at least
you're alive

I'm scared my mum is
going to die of Covid

I understand I
have felt that
way too. I am
here for you

I can see that this
is hard for you.
Can I sit next to
you and we can
talk about it ?

Why Compassion ?

Research shows us that compassion:

- triggers our parasympathetic nervous system which heals and restores
- is an important prerequisite for the mental health and work functioning of nurses.
- promotes and strengthens community and belonging
- leads to improved productivity at work,
- leads to better physical health and less health care uptake
- enables more meaningful relationships
- promotes social sustainability and social connections fostering creativity, innovation, and positive regard.

(Bakker 2011; Gilbert 2013; Martela and Pessi 2018; Sinclair et al 2016; Worline and Dutton 2017).



Self Compassion ?

Becoming aware of and alleviating one's own suffering.



Compassion is incomplete
if you do not include
yourself (Kornfield 1994)

“...Place the oxygen mask on yourself
first before helping small children or
others who may need your assistance.”



You wouldn't let this
happen to your phone.

Don't let it happen to you either .

Self care is a priority.
Not a luxury.

3 Elements of Self Compassion: Dr Kristen Neff

- Self Kindness
- Sense of Common Humanity
- Mindfulness



Why Self Compassion ?

Research shows that those that practice self compassion are :

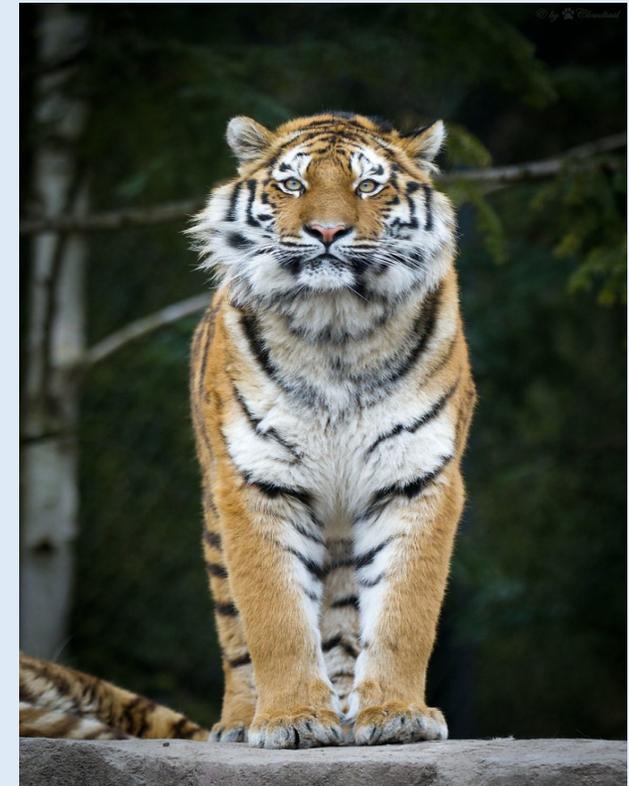
HAPPIER



CALMER



STRONGER



(Neff 2015; Gilbert 2013)

It's not difficult or complicated

This compassion idea ...
how much will it cost?

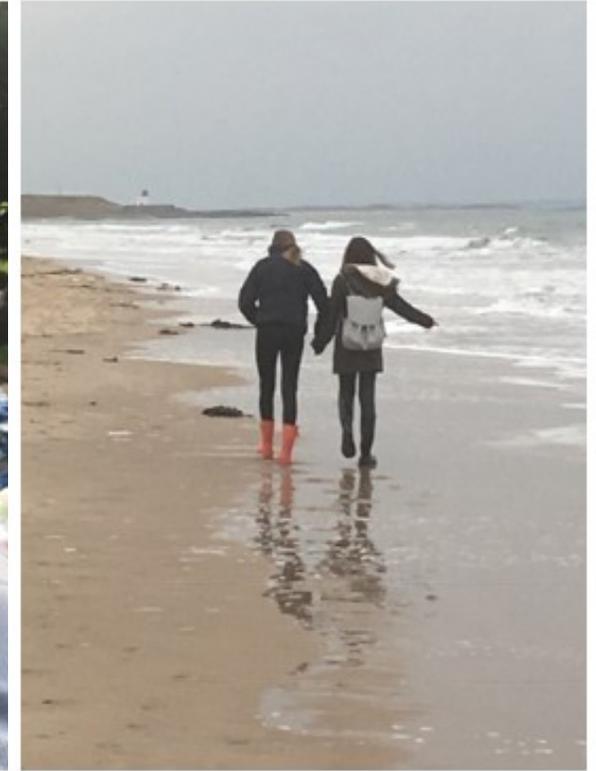
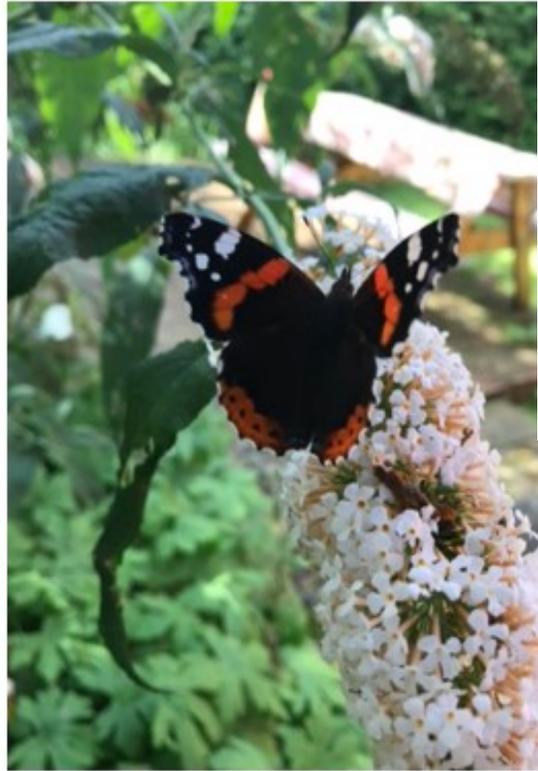


Nothing! Everyone
brings their own



Thin Silence 2020

**Be gentle with yourself: kindness and joy
can be found everywhere.**



Thank you 😊