



# Compassion for Oneself and One's Community

## What is compassion?

Compassion is our ability to recognize the suffering of others and take action to help. Although related, compassion is sometimes confused with empathy. Empathy is our ability to identify and understand the perspective and feelings of another while compassion includes the desire to help or take action.



## Why is compassion important?

Compassion is an important part of health relationship-building as it strengthens connections built on empathy and understanding and fosters collaborative problem-solving.

## What is self-compassion?

Self-compassion is the foundation of showing compassion towards others. Self-compassion is how we extend the practice of compassion towards ourselves when experiencing instances of perceived failure or inadequacy rather than ignoring our suffering or meeting it with criticism.



### Impact of Compassion

- Increased happiness
- Promotion of social connection and strengthened relationships
- Improved child-parent relationships
- Reduced stress and anxiety
- Decreased depression

### Cultivating Compassion

- Practice mindfulness
- Explore ways to show kindness towards the self and others
- Employ a growth mindset
- Practice forgiveness
- Reflect on the shared human experience
- Practice active listening
- Express gratitude

## REFERENCES

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