

Ways to show Compassion

Compassion is a genuine sympathy for hardship or suffering that other people are experiencing, and a desire to ease that pain. There are many different ways to show compassion for others; the important thing is that it comes from your heart. Ignore differences and find commonalities to help you relate to what someone else is going through. Whether you're interacting with a friend, colleague, peer, patient, or family member, here are some ways you can demonstrate your compassion.

1. Start with Yourself.

The best way to learn how to be compassionate toward others is to be compassionate with yourself. Praise yourself for your successes (even things as little as making your bed in the morning) and forgive yourself for your mistakes. Focus on your strengths and positive qualities.

2. Communicate Verbally and Non-verbally.

Make eye contact, keep your body turned toward the person speaking, and listen quietly. You might also practice active listening, which involves paraphrasing what you've just heard, and ask open-ended questions to send the message that you're ready to hear more.

3. Touch (if appropriate).

A gentle touch goes a long way. ASK FIRST to be sure touch is welcome. Try "Would you like a hug?" or "May I touch your shoulder?" Gentle touch assists in balancing physical, mental, emotional, and spiritual well-being. A soft touch to the hand or shoulder during the conversation helps demonstrate your genuine care and concern.

4. Encourage Others.

When we praise and encourage others we can sometimes kick-start a positive spiral of behavior in that person. Positive reinforcement is always helpful to a person who is thinking they are either stuck or will never get out of the circumstances they are in at that moment.

5. Express Yourself.

Don't assume that because you're dealing with someone else's strong emotions, your own emotions have no place in the interaction. Match your facial expressions to your felt emotions to let another person know you understand what they are going through. A sincere smile often works wonders. It is also okay to show sadness by crying or to laugh without reservation. A good laugh can be incredibly healing.

6. Show Kindness.

Give your kindness away without expecting anything back. Kindness is contagious. the person you are being kind to benefits through your help and you'll feel good for having helped someone. The world is made better through your kindness.

7. Respect Privacy.

Be attentive to someone's personal privacy. Protect their dignity. Shut the door, pull the curtain, and don't gossip. Remember that sometimes people just need to go for a walk or see a movie with a friend. Be ready to listen when they want to talk, but also offer a different kind of interaction if they don't want to talk about the hard stuff.

8. Learn How To Advocate.

An advocate is a person who speaks up for and defends the rights of another person by helping them communicate their needs in a challenging situation (such as a hospital visit). To effectively advocate, you must actively listen to what your friend needs and communicate in an assertive and respectful manner to help them take advantage of resources in your community.

9. Volunteer.

Cultivate compassion through volunteer service. Volunteering connects you to others, giving you the

opportunity to make new friends and increase your social skills. Spending time helping people is good for your body, mind, and soul.

10. Consider Your Words.

Think before you speak. At its heart, compassion is about paying attention to the present moment with a loving attitude. Simple things like turning off your cell phone during a personal encounter or sending a thank-you note after someone has you over for dinner can go a long way.

Compassion arises through empathy and is characterized by actions. The simple act of showing compassion can make a world of difference in someone's day (and in yours!). You don't need to wait for a crisis to practice compassion, either. Try smiling at a stranger today.

From: 10 Ways of Showing Compassion

<http://www.cc-sd.edu/blog/10-ways-of-showing-compassion>

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9 MORE WAYS TO SHOW KINDNESS AND COMPASSION

Compassion is a personality trait everyone has, but many people either forget about being kind or compassionate or just don't even try to do it. It's a challenging world and we can help to make it better just by doing a few kind and compassionate things.

"The greatest gift that you can give others is the gift of unconditional love and acceptance." – Brian Tracy

1. Learn to smile more often.

Lots of times you look around the room and it seems like nobody is smiling. They stare at their phones or look off into space as they walk on by. Try smiling at the people you meet and those you see at work or school every day. Smiling is contagious and it can make someone else, as well as yourself, a lot happier. So smile at the person who hands you your morning coffee and donut and make their day better!

"A warm smile is the universal language of kindness." – William Arthur Ward

2. Have some empathy for others and learn to show emotions.

Empathy is the ability to show that you care about someone else's feelings and emotions. It's kind and compassionate to give support to people who need it. Try asking someone if they need help, work with a coworker to solve a problem at work, lend a shoulder to cry on, etc. Learn to show a sincere smile if something warrants it or even tears if the situation is sad, and if something calls for a genuine, solid laugh to help someone feel good and a part of the situation, then by all means, laugh out loud!

3. Don't be a gossip, learn to show consideration for others.

A person's privacy is very important to them and sometimes people don't respect that. If you want to be respected and compassionate, then be considerate and respect others' privacy and help protect their dignity as well. Be kinder by not listening in on a conversation or gossiping about someone's troubles or problems. Respect should be shown at all times. For example, turn off your phone while talking to someone, treat them as you want to be treated, and don't interrupt when talking.

4. Give a small gift.

It's also kind to give someone a small gift to help make their day better. For instance, pay for someone else's toll behind you or pay for their coffee, put a get well card or birthday card on someone's desk if they need it, do an errand for someone, or just bring a coworker lunch or offer to take care of someone's pet or babysit for a child. These gifts are worth more than just money, and they truly show you care.

"A kind gesture can reach a wound that only compassion can heal." – Steve Maraboli

5. Help give others some motivation.

Motivation is something we all need from time to time, and helping to motivate others is a kind and compassionate thing to do. You can make someone happier, give them the courage to complete a goal, etc. Use positive phrases like *"well done"* or *"I know you can do it."* Everyone needs some help at times, and motivating them is like being their coach in life's troubled world.

6. Be helpful to those in need.

There are many people in the world less fortunate that could use help in several ways. Show some kindness by helping them out such as donating clothes to the Salvation Army or Goodwill, serving food at a food bank or shelter, or even simpler things like helping someone carry packages or opening the door for another person. Remember, some day you may need help and good karma will come to you if you are showing kindness to others when they need it.

7. Volunteer to do things for others.

Another great way to be kind and compassionate is to do some kind of volunteer work. You can volunteer to tutor students in school, coach a kid's sport, be a Boy Scout leader, or help at a homeless shelter or animal rescue group. There are lots of things a volunteer can do. Just check out your own neighborhood and see what is needed. Volunteering is not only kind and compassionate to others, it makes you more confident and happy as well.

"You have not lived today until you have done something for someone who can never repay you." – John Bunyan

8. Appropriate touching.

When appropriate, a nice, soothing and gentle pat on the back or touch on the shoulder can go a long way to make someone's day better. It shows that you really care about the person and understand what they are feeling or going through. So, shake someone's hand when you meet, or pat your buddy on the back when he does something good. Send meaningful messages to friends and loved ones. People like to know that you care and are thinking about them. Be sure to send out meaningful messages to friends or loved ones on special occasions, or just for the heck of it send your spouse or significant other a loving text or a funny card or simple gift. Even if all you do is tell them you are thinking of them, it shows you really care.

9. Show unconditional love, kindness and compassion to others.

Life is too short to be a grouch going around being mean to others and causing problems. It doesn't

make you or anyone else happy at all. So, try to show kindness and compassion to others. Be unconditional in your love for your friends and family. Be loyal to your job and coworkers, and truly listen to their words and feelings. If someone needs help, then give it without expecting anything back, just do it because it is the right thing to do for your fellow traveler in life.

*“Love only grows by sharing. You can only have more for yourself by giving it away to others.” —
Brian Tracy*

The bottom line is that kindness and compassion is something the world needs a lot more of these days, especially when it seems that the whole world is out to hurt each other in wars, fighting, hate and discrimination. So, take a few moments and read this list of 10 ways to show kindness and compassion to others and have a brighter and happier future!

Life is a Gift – Gifts Ready To Go.

From:

10 WAYS TO SHOW KINDNESS AND COMPASSION

<https://giftsreadytogoblog.com/2015/10/01/10-ways-to-show-kindness-and-compassion/>

Compassion in the workplace, schools and within groups

Creating a culture of compassion in the workplace, schools or groups is where many people are placing their attention today. Researchers have shown a kinder workplace and schools are having profound effects on morale, productivity and, ultimately, the bottom line on expected outcomes whether financially, academic achievement, social-emotional learning and overall school climate.

Compassion involves an authentic desire to help others. When we act kind and compassionate to others they, in turn are more likely to act kind and compassionate. When we treat ourselves and others compassionately we are more likely to come together in a more collaborative manner that strengthens the groups sense of connection and interdependence. With this, bonds are formed, trust is established, and a willingness to collaborate on projects and shared visions becomes the driving force behind our intentions.

When people come together in a supportive environment, and they feel safe from competition, there is less fear of failure, which results in greater fortitude. These are helpful qualities to have in any place where people gather.

Here are 10 tips to help bring more compassion to your workplace, school and other places where people gather.

1. Offer guidance and support to others

You know how stressful it can feel to hit a roadblock on a particular project. If you see someone struggling in an area where you have strength, offer your knowledge or assistance. Share a useful tool or tip from your bag of tricks that may help them along.

2. Get to know others

People love to feel like they're part of a team and they have a connection with others. Take the time to introduce yourself to someone you may not know well. Ask them questions about themselves,

their families, and what they enjoy doing in their spare time. Greet them regularly and be sure to use their name often when speaking with them. This makes people feel seen and heard.

3. Lend a hand to someone who is under pressure

If you see someone who seems to be under pressure and carrying a heavy load, offer to lend them a hand. Ask if they could use some help or what you can do to ease the strain. Showing that you genuinely care and want to help others not only inspires them but makes them feel happy to be with you.

4. Cultivate a collaborative environment

Encourage collaborative brainstorming on any topic or project big or small. Invite the whole group to develop expectations for behavior and to create a share vision and goals for being together. Work together to create action steps needed to achieve them. Any place where everyone can collaborate by sharing their ideas and offering creative solutions is a place where everyone wants to be and that thrives.

When one has no stake in the way things are, when one's needs or opinions are provided no forum, when one sees oneself as the object of unilateral actions, it takes no particular wisdom to suggest that one would rather be elsewhere.

Seymour Sarason

The Predictable Failure of Educational Reform, 1990

5. Acknowledge peoples' strengths and positive attributes in front of others

Affirming someone's positive attributes or contributions in the presence of others is one of the best ways to boost morale. IT IS ENCOURAGING! Think back to a time when someone applauded you in front of a group of your peers and how valued it made you feel. See where you can find opportunities to acknowledge people for their strengths and celebrate their wins with them.

6. Be an example of a compassionate leader

The best leaders are those who lead from the heart, those who have the ability to inspire others through kindness, flexibility, support, and empowerment. When you treat people with compassion they never forget and, as a result, you develop people who want to work for you because you care.

I've learned that people will forget what you said, people will forget what you did, but people will never forget how you made them feel.
— Maya Angelou

7. Check the motivation behind your decisions, your words, and your behavior

Always check in with your thoughts before they become words or actions to be sure your motivation is pure. If you catch yourself about to say or do something that isn't coming from a place of integrity, or if it's untrue, unkind, or unnecessary, think before you act. Every word and action

generates a reaction. Be sure your ripple effect is positive and one that promotes a culture of compassion.

8. Organize team-building activities

Encourage people to come up with ideas and suggestions for creative and fun team-building exercises to make everyone feel included. These can be a regular part of every classroom day and integrated frequently into the workplace.

You can learn more about someone after an hour of play than a year of conversation.
Plato

9. Encourage people to practice conscious communication

Foster an atmosphere of conscious communication that encourages people to engage in an open dialogue with one another. When everyone in a place of work, school, club or ongoing gathering openly talk and share their heartfelt thoughts and feelings they are more likely to work through challenges together. Everyone should learn and be encouraged to give feedback in ways that inspire motivation for improvement rather than making someone feel wrong.

10. Design a compassion challenge to inspire daily acts of kindness

Make kindness fun. Create a compassion challenge (e.g. "30 Days of Kindness") and get your workplace or class pumped up to do all of the above (and more) on a daily basis. Have a board or chart where everyone can see and feel the progress being made and consider awarding a grand prize to the person who performed the highest.

No act of kindness, no matter how small, is ever wasted.
Aesop

Modified from:

10 Ways to Bring More Compassion to the Workplace

<http://www.chopra.com/articles/10-ways-to-bring-more-compassion-to-the-workplace>

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