

6 SIMPLE STEPS FOR BUILDING A CULTURE OF COMPASSION

Compassion doesn't have to be a big act. We can create a culture of compassion in our workplace, in our family, in our neighborhood, with simple gestures.

01.

MICROCOMPASSIONS

- THESE ARE ACTIONS WE CAN TAKE EVERY DAY, EVERY MOMENT. MICROCOMPASSIONS HAPPEN ANY TIME WE'RE: MOVING FROM ME TO WE, WE'RE LIFTING SOMEONE UP, MAKING CONNECTIONS.

02.

SMILING

- IT'S NOT HARD. WHEN WE'RE WALKING DOWN THE CROSSWALK. WHEN WE GREET EACH OTHER IN A MEETING. WHEN WE'RE IN LINE IN THE CAFETERIA. JUST SMILE. SAY HELLO.

03.

COMPLIMENTS

- NOTICE SOMETHING GOOD ABOUT THEM. "I LIKE YOUR EARRINGS"; "YOUR SHOES ARE GREAT"; "I LIKE WHAT YOU SAID IN THE MEETING LAST WEEK"; "I ALWAYS APPRECIATE WORKING WITH YOU".

04.

INCLUSION

- BRING THE QUIET ONES INTO THE FOLD IN A MEETING ("X, I'D REALLY LIKE TO HEAR WHAT YOU HAVE TO SAY. IF GETTING TOGETHER, IS THERE SOMEONE THAT'S NOT OFTEN INCLUDED YOU COULD INVITE ALONG?

05.

LISTENING

- WITH THE INTENTION OF DEEPLY UNDERSTAND THE OTHER PERSON. NOT THINKING ABOUT YOUR OWN STORY, OR WAITING TO INTERJECT. WHAT ARE THEY TRYING TO SAY? AND WHY?

06.

CURIOSITY

- WHAT QUESTION CAN YOU ASK THAT WILL LIGHT SOMEONE UP? MAKE IT A POINT TO REMEMBER. "SANJAY, HOW'S THAT PATIO PROJECT COMING?" "LISA, WHAT'S YOUR PUPPY UP TO THIS WEEK?" "COLIN, HAVE YOU BEEN FISHING LATELY?" "WHAT ARE YOU MOST GRATEFUL FOR TODAY?"

WELL IN MIND IS HERE FOR YOU

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