

# compassion

*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? And our communities?
- 2 Can you think of a time someone has shown compassion to you? 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

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