



Care Opinion: a route to developing
compassion and empathy

Dorothy Armstrong

Can we nurture compassion & empathy?

- Evidence
- Stories

“You cant stop the waves, but you can learn to surf.”

Jon Kabat-Zinn



Can we nurture compassion & empathy?

“Compassion can be strengthened through exercises and practice”
Greater Good

- ✓ Calm your inner worrier – use meditation / mindfulness / yoga
- ✓ See people (or patients) as individuals
- ✓ Model kindness – compassion is contagious
- ✓ Look for commonalities – seeing yourself as similar to others increases compassion
- ✓ Feeling supported – think about those who comfort you
- ✓ Don't be a sponge and take on others suffering – be receptive without making the feelings your own



Vulnerability



The antidote is empathy and self-compassion

“To err is human”

Attributes of empathy

- Perspective taking
- Staying out of judgement
- Recognise and communicate emotion

Brene Brown

www.brenebrown.com

Empathy cartoon

<https://www.youtube.com/watch?v=1Ewwgu369Jw>



Self compassion

- Kindness
- Common humanity
- Mindfulness

“compassion involves the recognition of suffering..and feeling the feelings for people who are suffering.

It also involves recognising our shared human condition. Self compassion requires us to stop and recognise our own suffering”

Kristen Neff *Self Compassion*



Care opinion: activity



Summary

“With self-compassion, we give ourselves the same kindness and care we'd give to a good friend.”

Kristen Neff



Thank you!

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