

Compassion for Ourselves and Others

Compassion for ourselves and others can be hard to come by amid the daily experiences the pandemic has brought us. Things at work can be stressful, with overtime, and mandated overtime leading many of us to the point of exhaustion and dealing with mental health issues, like anxiety and more. At a time when vaccinations are being mandated for healthcare workers, some individuals and families who opt not to be vaccinated are experiencing a heightened level of anxiety, anger, and disbelief. This may cause friction and stress among relatives, friends, and co-workers who believe in the importance of vaccinations to minimize the risk of severe sickness or death from COVID.

With so much going on, perhaps you've been feeling overwhelmed, even impatient, frustrated, and angry with yourself and others. Some people say they hardly recognize who they are at times. Is it still possible to show compassion to ourselves and others?

The answer is a resounding yes! People such as compassion researcher and writer Kristin Neff are saying that it is likely more important now than ever. Imagine a friend in a difficult time, perhaps struggling with things they don't like about themselves. Neff suggests that self-compassion involves acting the same way toward yourself as to that friend. "Instead of just ignoring your pain with a 'stiff upper lip' mentality, you stop to tell yourself 'This is really difficult right now; how can I comfort and care for myself in this moment?'" She says that "self-compassion means you are kind and understanding when confronted with personal failings – after all, who ever said you were supposed to be perfect?"¹

We've put together some resources below that may help you move a little closer to being the kind of person you'd like to be. It might seem out of reach in the moment, and that's okay. Instant growth is not

HEALTH BENEFITS OF SELF-COMPASSION



SOMETHING TO WATCH OR LISTEN TO

[Stop Chasing Self-Confidence and Just be Self Compassionate](#)
by Kristin Neff - 37 minutes and worth every minute.

[Brené Brown on Empathy - YouTube](#)

SOMETHING TO DO:

[RAIN: A Self Compassion Practice for Healthcare Workers – Circle of Hope Community Services.](#)

[Self-compassion techniques for nurses](#)

¹ Accessed 10/4/2021 at <https://self-compassion.org/the-three-elements-of-self-compassion-2/>

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possible, but the paths are many: mindfulness practices, reading and reflection, exercise, creativity, talking to a caring friend or counsellor/therapist/faith leader.

Only you can decide what makes sense for your time and energy.

Ode to a Third Shift Messiah

Breathe in

taste the deep dust,

Breathe out

feel a need.

Look in a mirror

see a guardian of dignity,

Look again

see a savior of pride.

Accept this power.

Go out to a field,

hold fast to your courage.

Let your eyes preach the gospel,

let your words work great miracles.

Be a prayer.

As ashen arrivals ride down from the sky,

and songs of descending bond with the night.

By a Therapist for Broken Revolutionaries

[Mindful: A Meditation Series \(Peace During the Pandemic Guided Meditation\)](#)
National Centre on Health, Physical Activity and Disability. 16:16 minutes.

[Educational Opportunities with Compassion Network](#)

SOMETHING TO READ

[Proven-benefits-for-compassion-for-self-and-others.pdf \(ihcam.ca\)](#)

[Why is Compassion Important?](#)

[Mindfulness: How It Can Help Amid the COVID-19 Pandemic > News > Yale Medicine](#)

[A List of Mindfulness Resources Online](#)

RESOURCE BOOKS ON SELF-COMPASSION THAT CAN BE PURCHASED THROUGH VARIOUS DISTRIBUTORS

Self Compassion by Kristin Neff

The Mindful Path to Self-Compassion by Chris Germer

Radical Compassion by Tara Brach

Compassion: A reflection on the Christian Life by Henri Nouwen

An Open Heart: Practicing Compassion in Everyday Life by the Dalai Lama