

COMPASSION TOWARDS OTHERS

CREATED BY THE SYMBIOSIS CENTRE FOR EMOTIONAL WELLBEING (SCEW)

WHAT IS COMPASSION?

We have all been compassionate towards others even if we may not have realized it. From wearing masks, maintaining social distancing, to helping our neighbors and the elderly population with getting groceries, and making donations to those who are struggling, we have been considerate of everyone around us, no matter who the person is. This is a basic behavior of compassion where we keep the needs of others in mind, and try our best to make sure they are taken care of as well. This time is difficult and new for all of us, and has impacted us psychologically, financially and socially irrespective of our socioeconomic class. We have learnt so many new ways of keeping in touch with our loved ones, and realized their value in our lives in a new context.

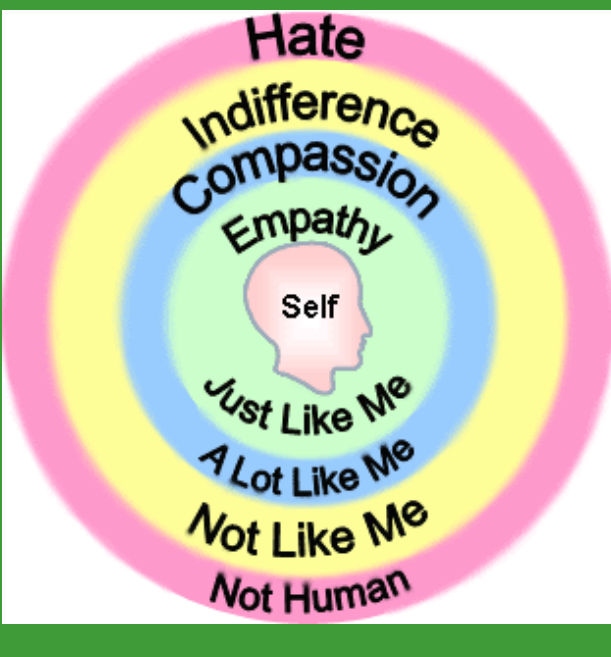
This mutual care, support and compassion has shown to alleviate some of the anxiety and stress that came with the increasing lockdown and uncertainty. We saw how it helped reduce the isolation, anxiety and overwhelmed feeling the current situation brought and bought a sense of community and belongingness within the people around us.

As we discussed compassion towards self in the last newsletter, here we will focus on compassion towards others and how that looks like.



WHY IS COMPASSION IMPORTANT?

Empathy allows us to see the other side of the situation, or be able to see a situation or the experience from a different perspective, while compassion goes one step ahead and helps the individual to find a solution to whatever issues they are experiencing. Being compassionate does not mean we are showing pity towards the person. Being compassionate improves our understanding of the world, makes us kinder, and it allows us to focus on the positives than the negatives along with improving our mental health and quality of life. Extending compassion to others has shown to prevent burnout, improve cooperation and build resilience in individuals, and allow us to connect on a deeper level with the people around us.

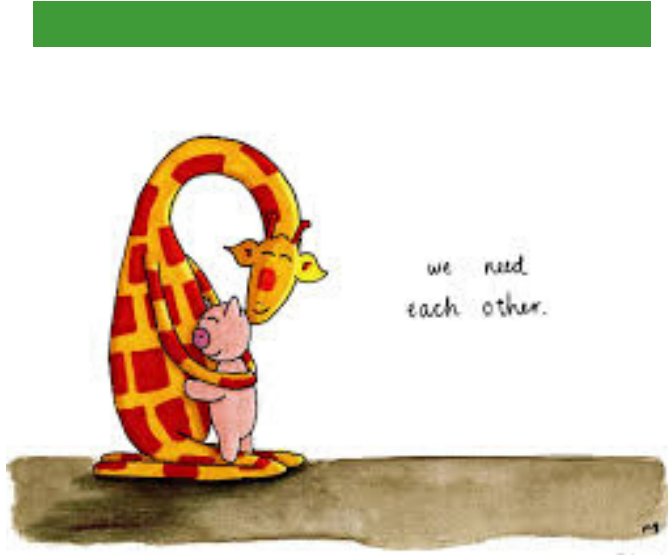


Here are some ways in which we can increase our compassion towards our loved ones.

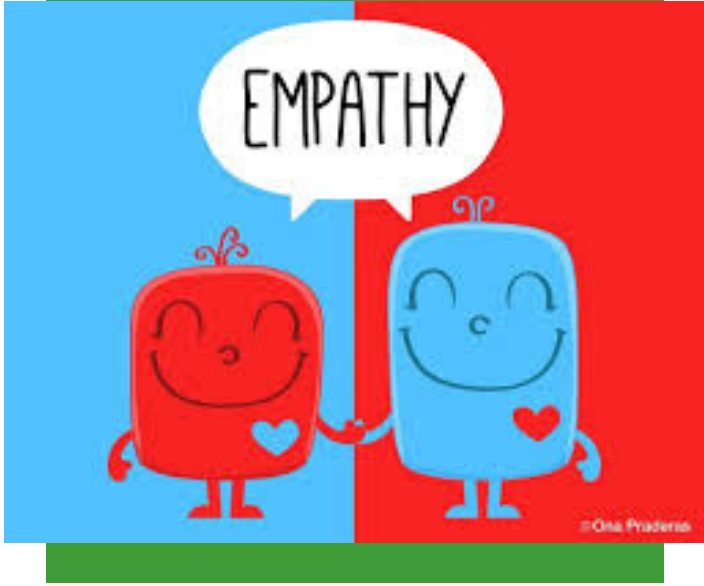
ENCOURAGE OTHERS: Praising and encouraging others can kick-start a spiral of positivity. Positive reinforcement will be helpful to a person who is thinking they are either stuck or will never get out of the circumstances they are in at that moment. It allows them to be more accepting and kind to themselves, and know that they are being heard and listened to. Being tolerant and accepting differences in opinion, can also be very important in encouraging others to express better.

SHOW KINDNESS: Being kind towards others without expecting kindness in return is what compassion is about. Kindness is contagious. The person you are being kind to benefits through your help and also allows you to be a part of the kindness chain. Our relationships are made better through our kindness. It is not only applicable to humans, but also to other things around us, like animals. It doesn't cost a lot, but has the potential to enrich your life.

EMPATHIZE WITH OTHERS: The essence of empathy is to be able to “put yourself in their shoes, and look at the world through their eyes.”. To empathize means to make the conscious attempt to trade places with the person (or people) in order to gain perspective. Oftentimes, we can show true compassion by just being empathetic. Showing empathy and compassion towards our house help, our staff or individuals who are different to us, will allow you to see their struggles, their challenges from a closer perspective and be more mindful of how you interact with them as well.



COMMUNICATE VERBALLY AND NON-VERBALLY: As we read about empathy in the point above, it is another great way to show compassion towards others.



ALTERNATIVES TO HANDSHAKES, HUGS, HIGH FIVES AND HONGI



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Reliable news and information sources

The COVID India Data Tracker
<https://covidout.in/>

The US CDC Website:
<https://www.cdc.gov/coronavirus/2019-ncov/index.html>

For news and updates, rely on reputed news sources and channels and avoid getting your information from social media, heresy or Whatsapp. Importantly, keep an eye on all official communication from your campus admins and directors.

RESPECT PRIVACY AND BOUNDARIES: Being compassionate also means being respectful to others, their choices, their wishes and their decisions. Remember that sometimes people just need to go for a walk. Be ready to listen when they want to talk, but give them their space if they need it.

COMMIT TO A MORNING RITUAL OF GRATITUDE: Taking a small amount of time in the day to appreciate life and what we've been given is a great springboard into practicing compassion towards others. Being aware and mindful about the opportunities we have received, and being grateful about the things we have, will allow us to be more aware about other people's struggles and be kind and offer what they can to others.

COMPASSION TOWARDS OTHERS IS IMPORTANT, UNLESS IT IS A LUDO MATCH!



“Today I am fortunate to have woken up, I am alive, I have a precious human life, I am not going to waste it. I am going to use all my energies to develop myself, to expand my heart out to others, to achieve enlightenment for the benefit of all beings, I am going to have kind thoughts towards others, I am not going to get angry or think badly about others. I am going to benefit others as much as I can.”

- The Dalai Lama

IN CASE OF ANY MENTAL HEALTH EMERGENCIES, REACH OUT TO YOUR SCEW CAMPUS COUNSELLOR VIA PHONE OR AT MINDHELP@SIU.EDU.IN

SYMBIOSIS INTERNATIONAL (DEEMED UNIVERSITY)

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