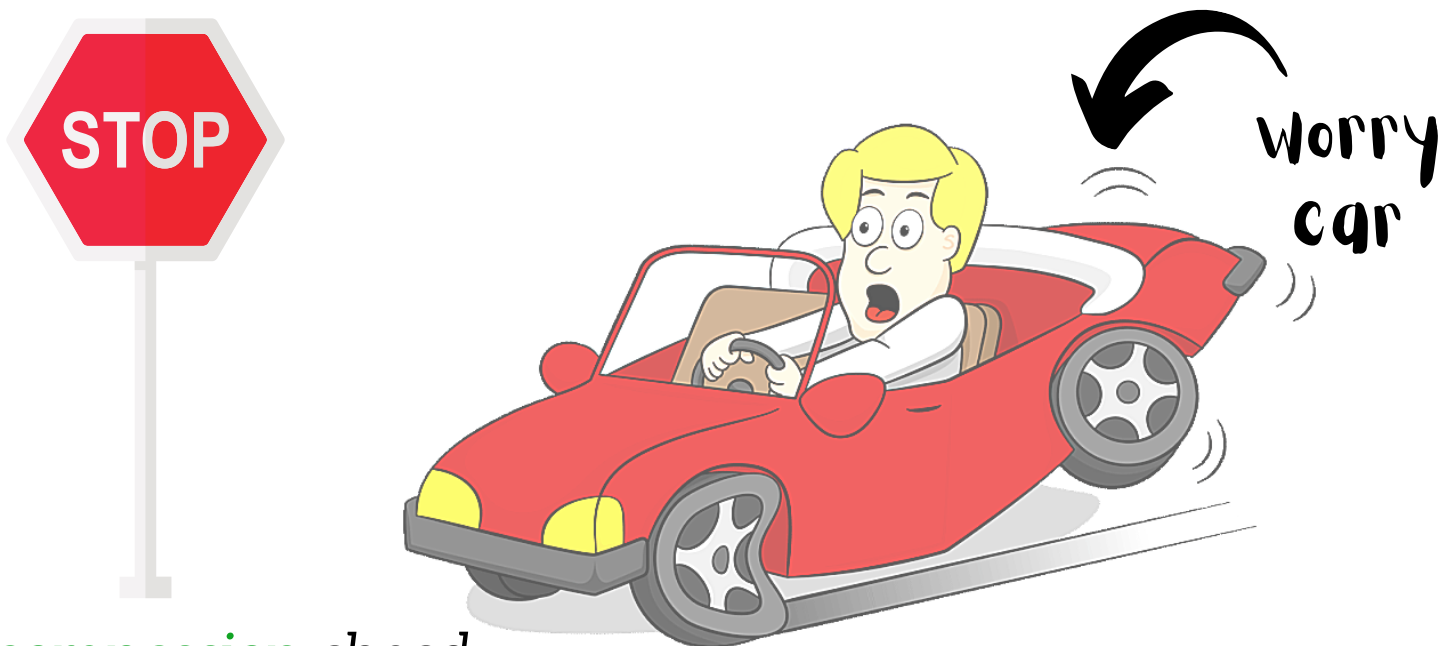


# SOWING SEEDS OF COMPASSION

CREATED BY THE SYMBIOSIS CENTRE FOR EMOTIONAL WELLBEING (SCEW)

Imagine that you are scrolling through your social media feed ~ amongst what seems like an infinite series of news and discussions that trigger fear, worry, and hate, you come across a post saying: "*Community kitchen feeds 10,000 migrant labourers amidst the crisis.*" This post suddenly catches your attention and your 'worry car' that is running at a high speed comes to a screeching halt...



*compassion* ahead...

This is the impact that compassion has on us. It is these acts of kindness, deeds of courage, and helping hands of compassion that have anchored our faith in humanity during these testing times.

## The 3 C's of

### Community Compassion

To drive change in your community, intent though important is not always enough. It may set the right stage for taking action, but it's important to answer the following questions before you extend your table.

- 1) What is within my **CONTROL**? This will help you reflect on both, your limitations as well as strengths in choosing your causes for contribution.
- 2) In what **CAPACITY** can I help?: Once you identify your limitations, the next step is to evaluate how you can leverage your current resources effectively.
- 3) Am I **CHECKING-IN** with myself?: It's important to regularly check-in with yourself as to where you stand in your acts of kindness. Your cup needs to be filled regularly before you set out to pour from it, otherwise you can experience 'compassion fatigue'.



### Time for Action

The beauty of community compassion is that it is unlikely to go wrong. Small to big, and all acts in between are welcome. We have listed some examples below, however, please note that they are not exhaustive; you can find creative ways of engaging in community compassion.

- ~ *Volunteering for a local/national/global cause.*
- ~ *Fund raising.*
- ~ *Being kind on social media.*
- ~ *Consuming and distributing online content responsibly.*
- ~ *Creating awareness through art.*

**Reliable  
Information  
Sources**

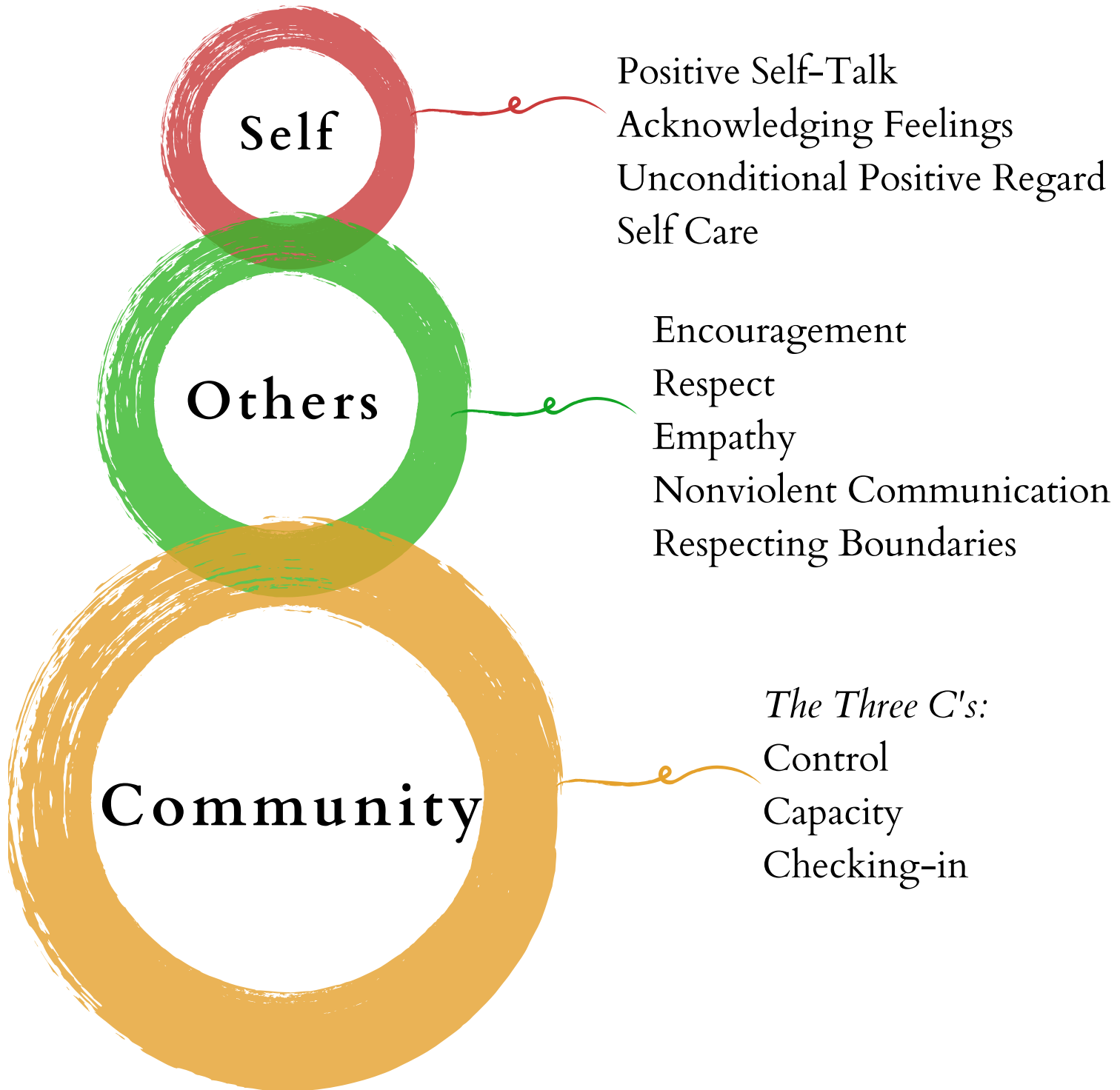
The COVID India Data Tracker:  
<https://covidout.in/>

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

For news and updates, rely on reputed news sources and channels. Avoid getting your information from social media, heresay or Whatsapp. Importantly, keep an eye on all official communication from your Campus Admins and Directors.

# Circles of Care

*COMPASSION IN REVIEW*



**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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