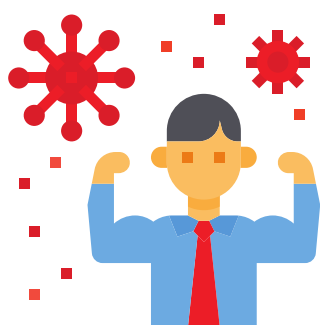


be more human

Innovation - Evidence - Education

A Social Enterprise that makes evidence backed innovations in Human Behaviour, Social and Positive Psychology, and person centred regenerative leadership work for you.

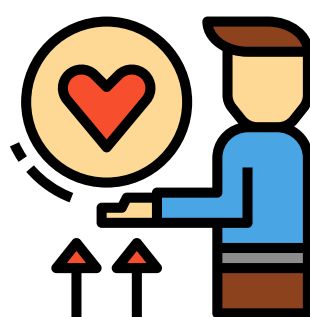


STRENGTHS

Using our **strengths** in toughest of times is a very natural response. It helps us to dig deep, find resolve, and bring our **best self** to the challenges we face. However, we must be careful when using our strengths.

EMPATHY

Many of us would list **empathy** as a core strength. Empathy can be defined '*as the ability to feel with, understand, and share the feelings of another*' This desire to hear and know those we are working with is **normal** and **necessary** in our line of work. This is a good thing right?



WARNING!

No, it's not always a good thing. When we share the **feelings** of another our **brain** reacts to these feelings in the same way as if we were experiencing them ourselves. We need to be very wary of this when our job **consistently** involves dealing with distress, trauma and loss.

BURNOUT

World-renowned neuroscientist **Dr Tania Singer** says that showing too much empathy can lead to becoming **overwhelmed**, distressed and burnout in certain circumstances. We need to be very **mindful** of this in our daily work but especially these very challenging times.



THE SCIENCE

Dr Singer says showing **compassion** is the key. Compassion is a caring emotion that demonstrates **concern** and does not involve feeling sadness if the other person is sad. Our **challenge** in these especially tough times is to show compassion above empathy.

THE SOLUTION

Compassion is having the **courage** to care, the **wisdom** to know what to do, and the ability to take **action**. This approach provides support to those who need it but crucially, avoids creating a costly emotional burden on you.

A helpful reminder. **Compassion** - "*I recognise your pain*"
Empathy - "*I feel your pain*"



LOOK AFTER YOURSELF AS WELL AS OTHERS.

The ideas and terminology presented in this infographic have been simplified for ease of understanding.
Further reading: <https://tinyurl.com/y89aj43c> & <https://tinyurl.com/yc63pwwq>

follow us on twitter @BeMoreHumanCiC

<https://bemorehuman.org.uk/>