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UW Medicine

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# The 3-Center Check-in

\*Validating what's present & responding with compassion

Noticing 3 Centers of Attention:

1. Thoughts
2. Feelings (emotions)
3. Body Sensations

# Session 3: Self-Compassion & Burnout

- Stress and Burnout
- Understanding Empathic Distress
- Empathy vs. Compassion
- Compassion with Equanimity

(Rotenstein et al., 2018; Wasson et al., 2020)



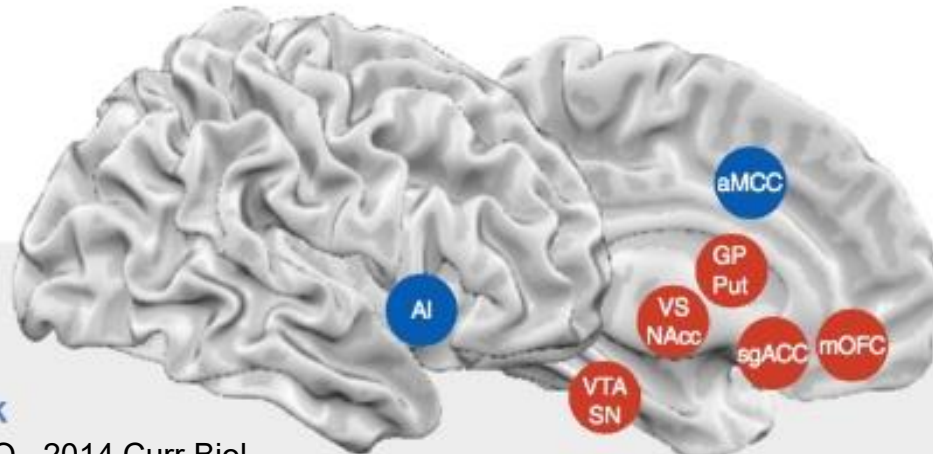
Center for Mindful Self-Compassion

# Empathy v.s. Compassion

Compassion	Empathic distress
<ul style="list-style-type: none"><li>• Other-related emotion</li><li>• Positive feelings: e.g., love</li><li>• Good health</li><li>• Approach &amp; prosocial motivation</li></ul>	<ul style="list-style-type: none"><li>• Self-related emotion</li><li>• Negative feelings: e.g., stress</li><li>• Poor health, burnout</li><li>• Withdrawal &amp; non-social behavior</li></ul>

Compassion network

Empathy for pain network



# \*Empathy and Compassion

- **Empathy** is natural response: sensing others experience as if our own
- **Compassion** is Empathy + Caring for others (LOVE)
- “ I Feel You” vs. “ I Hold You”

# Breakout Rooms (8 mins)

- **Compassion, Empathy, Empathetic distress ?**
- **How are you practicing self-compassion and mindfulness?**
  - Supportive Touch, Self-Compassion Break
  - Mindfulness
    - ❑ STOP Practice, 3-Center Check-in
    - ❑ Soles of the Feet

Groups of 4, ~2 mins each



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# Compassion with Equanimity

- Being in a Circle of Compassion
- Breathing “in for me” and “out for you”
- Equanimity: balance and perspective in the midst of stress or opposing experiences

(Rizzolatti et al., 1996; Rizzolatti & Craighero, 2004; Singer & Klimecki, 2014)



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# Session 3: Summary

- Understanding Empathic Resonance & Distress
- Empathy vs. Compassion
- Compassion with Equanimity
  - Breathing in for me/out for you
  - “Everyone is on their own life journey...”



# Session 3: Key Practices

- Breathing “in for me” and “out for you”
- Equanimity phrases
- Noticing Empathic Distress and Responding Compassionately

*Session 4- Motivating Ourselves with Fierce and Caring Self-Compassion vs. Criticism*



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# Compassion with Equanimity

*Everyone is on their own life journey.*

*I am not the sole cause of this person's suffering,  
nor is it entirely within my power to make it go away,  
even though I wish I could*

*Moments like this are difficult to bear,  
yet I will still try to help if I can.*

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