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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

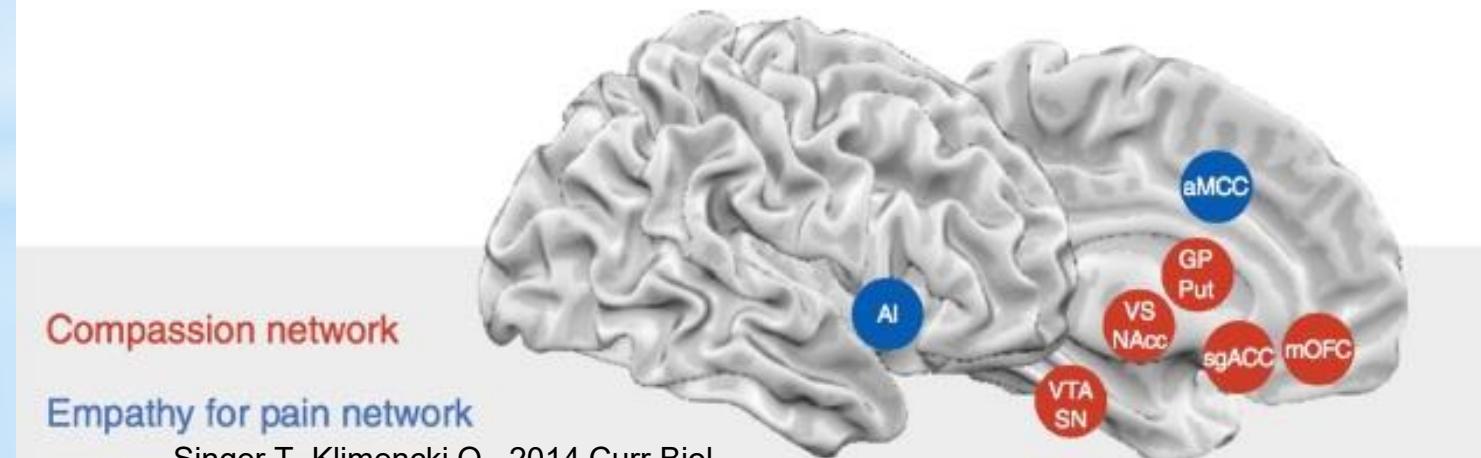
(Rotenstein et al., 2018; Wasson et al., 2020)



Center for Mindful Self-Compassion

Empathy v.s. Compassion

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



*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



Center for Mindful Self-Compassion

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)



Center for Mindful Self-Compassion

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



Center for Mindful Self-Compassion



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.

Adapted from K Neff, C Germer et al- Self-Compassion for HealthCare Communities Teacher's Guide

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