COUNSELOR CORNER ISSUE #11 RESPONDING WITH COMPASSION

MARYLYNNE.RICHARDSON@ CANYONSDISTRICT.ORG

I AM THE SCHOOL COUNSELOR AT BOTH PERUVIAN PARK ELEMENTARY AND SUNRISE ELEMENTARY. PLEASE REACH OUT IF YOU HAVE ANY QUESTIONS, OR YOU NEED SOMEONE TO TALK TO ABOUT HOW YOU ARE FEELING.

WHAT IS EMPATHY?

Empathy is feeling or understanding what another person is feeling.

WHAT IS COMPASSION?

Compassion is doing something helpful or saying something kind to show that you care about another person's feelings.

HAVING EMPATHY HELPS YOU SHOW COMPASSION

First, we have to notice how someone is feeling. We can do this by paying attention to not only what they are saying, but their non-verbal clues, (their body language and facial expressions). Then we can try to feel or understand what that other person might be feeling.

Once we've noticed that another person might be feeling sad or bad- what should we do? We can try to do something nice to make that person feel better, or we can say some kind words. We can show compassion. We've all felt angry, frustrated, or embarrassed before. When we notice that someone else feels that way, we can wonder what we might do to help that person feel better, and do or say something to try to help that person feel better.

ASK YOURSELF THESE QUESTIONS

- Have I ever shown compassion for someone else?
- How did it feel to show compassion?
- How did showing compassion to someone else make them feel?

All of us are capable of showing compassion—we just need practice. Sometimes showing compassion can be very difficult, either because we feel shy, awkward, or embarrassed. But we can practice being assertive, and learn to be compassionate even if we feel embarrassed or awkward.

BEING COMPASSIONATE MATTERS

Having empathy and showing compassion are two different skills that require our practice. When we show empathy, we can help others to feel less isolated or provide other support when they are going through difficulties. When we become more compassionate, we can make our school and world more caring, positive places to be.