Practicing compassion

Demonstrating compassion to others—striving to understand and lessen someone else's difficulties—can spread positivity throughout the workplace.

1. When you attempt to relieve someone's suffering, you're exhibiting compassion.
2. Try taking a daily action to help reduce someone else's discomfort.
3. Have self-compassion as well. Forgive your imperfections.

Creighton
UNIVERSITY

Employee Assistance Program
1-800-424-4831

Call today or log on to MagellanAscend.com