

EMPLOYEE ASSISTANCE PROGRAM

PRACTICING COMPASSION

Compassion can improve workplace culture and work relationships

Did you know that even small acts of kindness and compassion can improve your happiness, relieve anxiety and stress, and contribute to a longer, healthier life? Many studies have found that practicing compassion leads to greater psychological well-being and also benefits physical health by lowering blood pressure and strengthening the immune system. Moreover, the act of giving to others tends to be as - or more - pleasurable than the act of receiving.

In the workplace, compassion can improve workplace culture and work relationships, and even boost the company's bottom line. Among the benefits of compassion in the workplace are increased employee retention, improved morale and job satisfaction, and reduced job stress. A compassionate work environment fosters trust and positive relationships.

You can boost your level of compassion and positive feelings by starting with yourself. Pay attention to negative self-talk and forgive yourself for your shortcomings. Often we treat friends or family better than we treat ourselves. Try to focus on the positives in your life and your strengths, and cultivate an attitude of gratitude.

- Show appreciation for your colleagues by supporting and celebrating their achievements.
- Take the time to really listen to your coworkers without making judgments.
- Show your concern when coworkers are going through difficult or challenging times.
- Find common ground with other people. It can be a stepping stone to a deeper understanding and connection with others.

Remember, in every exchange, we have the power to decide how we'll react. We can always choose to help someone feel better and brighten their day.

