



Caring Safely™ Module Six – Video Two

How to Cultivate Compassion

Charlene Richard B.S.W., M.S.W., RSW
Compassion Fatigue Specialist

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In this video

- How to Cultivate Compassion
- Compassionate Compassionate Feelings by Using Memory (2 strategies)
- Compassionate Imagery

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Creating Compassionate Feelings with Memories (1)

- Getting in a comfortable position – focus on breath
- Think about someone who was kind or caring to you
- Focus on the details of what was happening
- Pick something that was very distressing
- Think about how you felt when receiving this kindness
- That person's facial expression, voice, body language
- What feelings were directed at you?

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Creating Compassionate Feelings with Memories (1)

- Could you feel those emotions come at you?
- What did you feel in your body
- What senses are activated when you feel kindness

- When finished you may want to write out this experience – your thoughts, feelings and body sensations

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Creating Compassionate Feelings with Memories (2)

- Getting in a comfortable position – focus on breath
- Think about a time you provided compassion to someone
- When you were sending good energy or kindness to someone
- Chose a time that wasn't overly distressing
- Focus on the feelings of warmth, understanding and kindness flowing from you to that person.
- Focus on all the details around you as you were providing that compassion

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Creating Compassionate Feelings with Memories (2)

- What do you feel in your body?
- What senses are activated when you express kindness?

- When finished you may want to write out this experience – your thoughts, feelings and body sensations

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Compassionate Imagery

- Getting in a comfortable position and focusing on the breath
- Generate the experience of compassion from compassionate memories – either receiving or giving.
- Focus on all those sensations
- Now imagine that compassionate warmth flowing into your heart and radiating throughout your chest into the rest of your body
- Take your right hand and place just over your heart – imagine compassion flowing into your heart from your hand.

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Review of Video Two

- How to Cultivate Compassion
 - Compassionate Compassionate Feelings by Using Memory
 - Compassionate Imagery

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