

Tuesdays with Nexus

Interactive online sessions

in partnership with NEMHSCA



Key Themes from Tuesdays with Nexus

14 December 2021 - 9.30am

25 people attended this session – Thank you for your participation.

Presenter:

Compassion in the festive season!

Dr Debbie Ling

Lecturer, Monash University

Research Fellow, Epworth Rehabilitation Medicine Unit

Empathic Distress vrs Compassion

Compassion is the act of focussing on other and is a positive state of mind

Emotional Contagion

Picking up others distress = vicarious trauma

Using the Third Space can help us with productivity – Reflect, Rest, Reset
Breathe in and out slowly, wish the person well after a session

3 C's of Compassion

- Care
- Connection
- Compassion

Social Brain hypothesis suggests that we are designed for connection and belonging

Five Moments of Compassion

1. Attending – to other
2. Understanding – of the other
3. Common humanity
4. Kindness
5. Helping – alleviating the suffering of another

Online Compassion training is coming

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Take a break
Find joy

Resources Shared:

TV2 All that we share – connected

<https://www.youtube.com/watch?v=UQ15cqP-K80>

Andrew Fraser's Third Space

https://www.youtube.com/watch?v=dpk_dssZXqs

Next Session 2021- Date: Tuesday's – 8 February 2022 30 - 45 mins