

# Momentum

*Practicing compassion*



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for confidential, no-cost help for you and your household members.



**Live Webinar**—Join our webinar, *The Life-Altering Effects of Practicing Mindful Self-Compassion*, on Wednesday, June 10. Register [here](#).



## Experience the benefits of compassion at work

Demonstrating compassion to others—striving to understand and lessen someone else's difficulties—not only has one-on-one benefits, but it spreads positivity throughout the workplace. And, if you treat each customer or client with focused attention and kindness, it builds trust, loyalty and customer satisfaction. Some compassion tips:

- When you attempt to relieve someone's suffering, you're showing the highest form of human kindness.
- Try taking a daily action to help reduce someone else's discomfort, even in a small way. This could be as simple as offering a smile and a kind word to a co-worker, sitting next to a new team member at lunch, or friendly talking out a problem.
- Have self-compassion as well. Forgive yourself for your imperfections. Turn off your harsh inner critic and keep your self-talk positive.

## Tips for practicing compassion

1. Be kind and listen thoughtfully. When someone is speaking to you, avoid looking at your phone or multitasking. Focus on their words, tone and body language so you fully understand. Don't interrupt or judge.
2. Remember that no one is immune from life's difficulties. In your interactions, put your own biases aside and be gentle, for everyone you meet is fighting some sort of battle.
3. When someone expresses sorrow over something they've done wrong, demonstrate true compassion and forgive them. Before harshly criticizing, "walk a mile in their shoes." This is empathy in action.

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## Mind Your Mental Health

### June is National PTSD Awareness Month

Overwhelming trauma can have destructive, lasting effects on those experiencing it. People with post-traumatic stress disorder (PTSD) may have ongoing frightening memories of a traumatic event—often with the same degree of anxiety as during the event itself. They often remain tense and anxious, and may startle easily.

1. **PTSD is common.** According to the National Center for PTSD, between 7 and 8 percent of the population will experience PTSD during their lifetime.
2. **The causes are diverse.** Traumatic events triggering PTSD can include violent personal assaults, military combat, natural or human-caused disasters, accidents, terrorist incidents or a loved one's sudden death.
3. **Showing sensitivity helps.** If you're aware of someone suffering with PTSD, strive to understand their experiences and day-to-day realities. PTSD is treatable, but not everyone seeks treatment.
4. **Treatment works.** A combination of counseling, medication and ongoing support can help people regain their health and full functioning.

Visit [www.MagellanHealth.com/MYMH](http://www.MagellanHealth.com/MYMH) or contact your program for confidential mental health resources.

## Working on Wellness

### A nod to men's well-being!

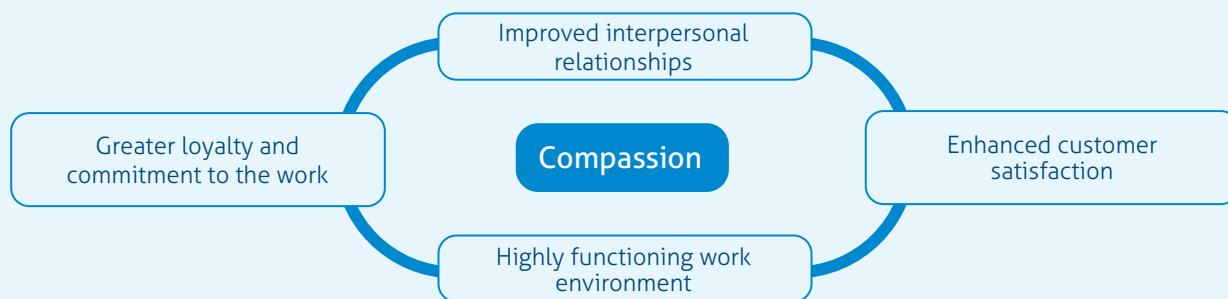
- June is Men's Health Month, where males are encouraged to take good care of their bodies by eating right, exercising and working with their doctors to prevent disease.
- It's a good time for men to honestly check their health status and set some achievable, step-by-step health goals such as losing weight, gaining muscle, eating more fruit and vegetables, etc.

## Daily Diligence

### Spreading compassion

- In your interactions, try not to focus on differences between people. Instead, find commonalities to help you relate to what someone might be going through. Your encouragement could be the inspiration they need to overcome a hardship.
- Extend kindnesses whenever possible, without expecting anything back. Treat someone to a coffee, pay their lunch bill, volunteer your time or offer to run errands for someone struggling. Kindness is contagious!

## Byproducts of compassion in the workplace



Source: [PositivePsychology.com](http://PositivePsychology.com)