



CCARE | Center for Compassion and Altruism Research and Education

COMPASSION COURSE | Cultivating the Heart – Live/Online

SUPPORT TOOLS

In an effort for you to get the most out of this program and feel supported, here are some suggestions for self-care during and after this experience.

Supporting the mind in new habits - meditations

At the start of each session, we will start with a short settling in exercise to prime the mind and get ready. What could support you is to take 5-10 minutes before and after the weekly program sessions to focus on this course and your intentions as you go through the program. This might mean journaling for 5 minutes, or listening to music, or anything that helps you feel focused and present.

Supporting the body

Drink lots of water, it is a great way to help the body focus better.

You might benefit from stretching a few times a day or going out for a walk. If you are in a lot of online meetings, see if you can switch your 1-on-1 meetings to audio (versus video) with a colleague and go for a walk “together.” This can support you as you make self-care a priority without losing time and focus.

Connection with other participants

Stay connected with other participants in the program by actively connecting with them. **We facilitate a buddy program** and recommend you connect with your buddy at least once in between class meetings to share about your process and keep each other accountable with the meditations and daily life practices. Being open to each other’s process and progress creates strong bonds during and after the course. Participants often continue with meetings after the program.

Journaling

It really helps to journal about the course on a weekly basis. You will find that each week you might start changing the way you look at things. Keeping track of this by writing things down is a good way to process and remember. Also, returning to the pages can often support reflecting and internalizing what is being practiced.

Reach out

When we start on a personal journey like this, especially if it’s about finding harmony between the different parts of our lives and in relation to work, sometimes challenging thoughts or emotions come up. If this happens, please reach out to someone who can listen and support you, including your buddy.



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Be patient and gentle with your process

It's important to remember the effects of meditating and becoming better in touch with yourself. It requires a willingness to be open and it's important to ground the experience in our day-to-day life by actively being kind to ourselves.