

# FILM FACILITATION SUMMARY

Screening of  
*This Film is About Compassion*

May 6, 2015  
CHAC Pre-conference

Singing  
 Lots of time  
 Being genuine Acceptance  
 Touching Being with Affirming one's life  
 Journeying with Empathizing To be present  
 Trusting and entrusting  
 Not judging Patience Opening up to the person and to the grief to what is here  
 Being able to put your own self aside Walking Making a connection Validating pain and feelings  
 Love Listening heart Way of seeing Giving of self in time Ritual  
 To be with To walk beside  
 Feeling the pain To be vulnerable  
 Storytelling Touching and being touched  
**WHAT IS COMPASSION**

What isn't compassion?	How does compassion show itself in your work life?	How do you know when compassion isn't there?	What could be done at a systems or personal level to nurture and strengthen compassion?
Being task oriented Schedule Judgment Rescuing Impatience Can't be faked The same for everyone Being impersonal Sympathy Fixing Expediency Easy Simple Fast Pity 'God's will' A program Quick Silver linings Selfish A duty Giving advice It's never finished Finite	Natural Loving care Making a difference Listening Touch Can be demanding Can be fulfilling Not about you Tears Flexibility Vulnerability Respectful and kind Joy Energizing Human Authentic Life giving Peacefulness Hope Invites to freedom Servant leadership – doing something for others rather than for the glorification of self Humbling Compassion fatigue	Impersonal Hurried Letters of complaint Just the task – being task oriented Harshness Impatience Frustration Disengaged staff – doing the minimum Tiredness Emotions not in balance Blaming Judgment Negativity Rudeness Grieving – unarticulated grief Apathy Resistance Lack of joy Withdrawal Sense of restlessness, unease, anxiety in patients Lack of sense of being valued (personal value) 'I'm the only one who can do it' No flexibility	Personal Level <ul style="list-style-type: none"> <li>- Look after yourself</li> <li>- Purposeful pause</li> <li>- Hear the click of heels</li> <li>- Creativity</li> <li>- Engage in something that lifts your spirit</li> <li>- Vocalize</li> <li>- Pay attention to own grief</li> <li>- Taking time for meditation and prayer</li> <li>- Tell stories of caring and giving</li> <li>- Express gratitude</li> <li>- Keep a diary</li> </ul> Interpersonal Level (team level) <ul style="list-style-type: none"> <li>- encourage each other</li> <li>- listen</li> <li>- share your frustrations and feelings and things that make you feel good</li> <li>- bring a positive attitude</li> <li>- share inspirational thoughts of words</li> <li>- laugh</li> <li>- set realistic goals for your day</li> <li>- Say thank you</li> <li>- Smile</li> <li>- Affirmation</li> <li>- Keep a team journal</li> <li>- Create personal and team learning opp</li> <li>- Trust</li> <li>- Share your stories and not just your tasks</li> <li>- Face conflict honestly</li> </ul>

			<ul style="list-style-type: none"> <li>- Create spaces where people can share</li> </ul> <p>Organizationally</p> <ul style="list-style-type: none"> <li>- talk about it</li> <li>- model it</li> <li>- coaching</li> <li>- celebrate it when it happens</li> <li>- take down visible barriers</li> <li>- share best practices</li> <li>- Name when we don't see it and hold ourselves and others accountable</li> <li>- Offer learning opportunities</li> <li>- Hire right and enough!</li> </ul>
--	--	--	---