

Common Humanity: The Basis for Unbiased Universal Compassion

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Compassion: A sense of concern that arises in response to another's suffering and the motivation to see that suffering relieved.

Compassion is a positive mind state which leads to feelings of warmth, concern, reward and affiliation. Compassion activates positive neural pathways in the giver.

Compassion leads to increased well-being and reduced stress for health care workers. Even if you are not able to prevent another's suffering, compassion is protective against burnout and leads to caring and helping behaviours. Everyone benefits.

Common humanity heightens a sense of all people being part of the "in-group", makes it easy to have compassion towards anyone.



Common Humanity Slogans

"Just like me, this person wishes to be happy and not to suffer"

"Every person is someone's mother, father, son, daughter"

"Anyone can get sick at any time"

"You today. Me Tomorrow".

Tips to boost compassion

Consciously re-orient yourself to each person you interact with, be mindful not to fall into empathic distress.

Keep your focus on **compassion**. After the interaction with the patient, can be helpful to breathe out, wish them well in your mind and let it go.

Keep the common humanity slogans visible in your workspace so you see them often as prompts. Training in heightening a sense of common humanity requires repetition.

Reflect on your interconnectedness with other people - past, present and future.

Think of anyone (however fleeting) who has had a positive influence on you in some way.