

# BEACON

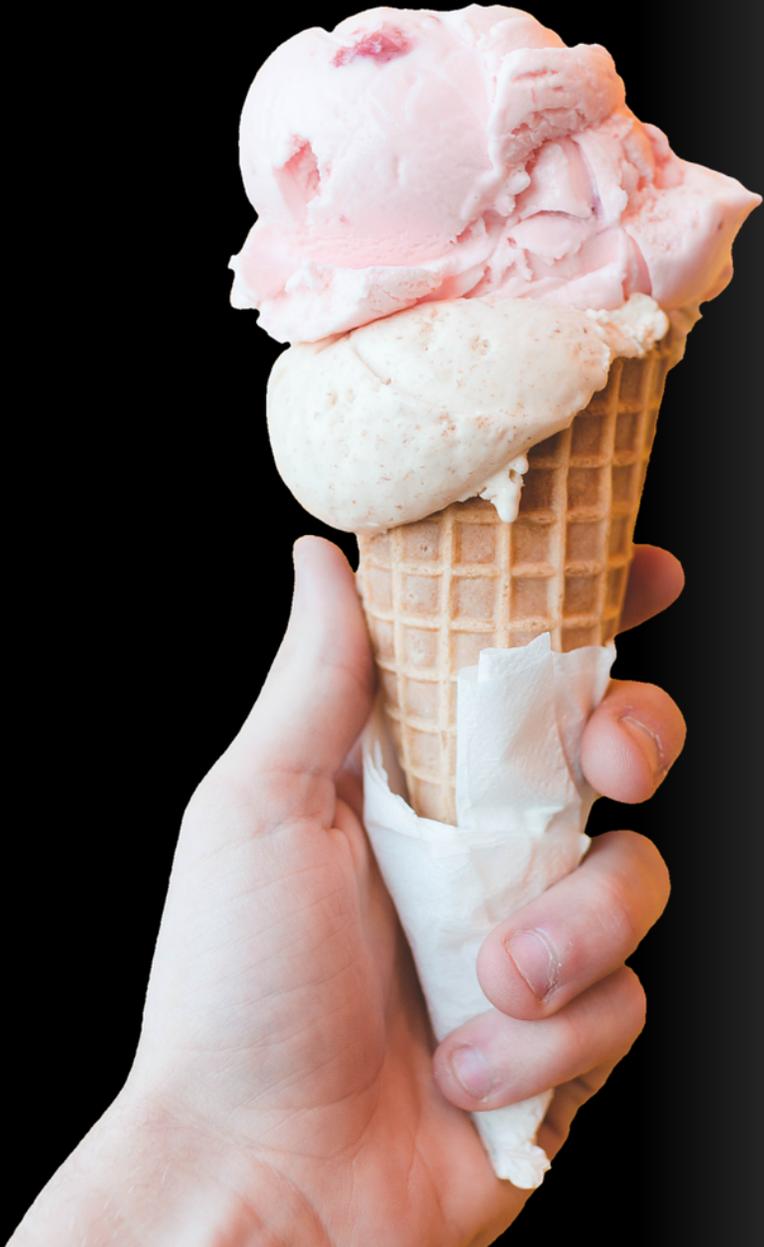
## Chapter 5

### Compassion

Lesson 3  
Considered Kindness

ThriveAbility

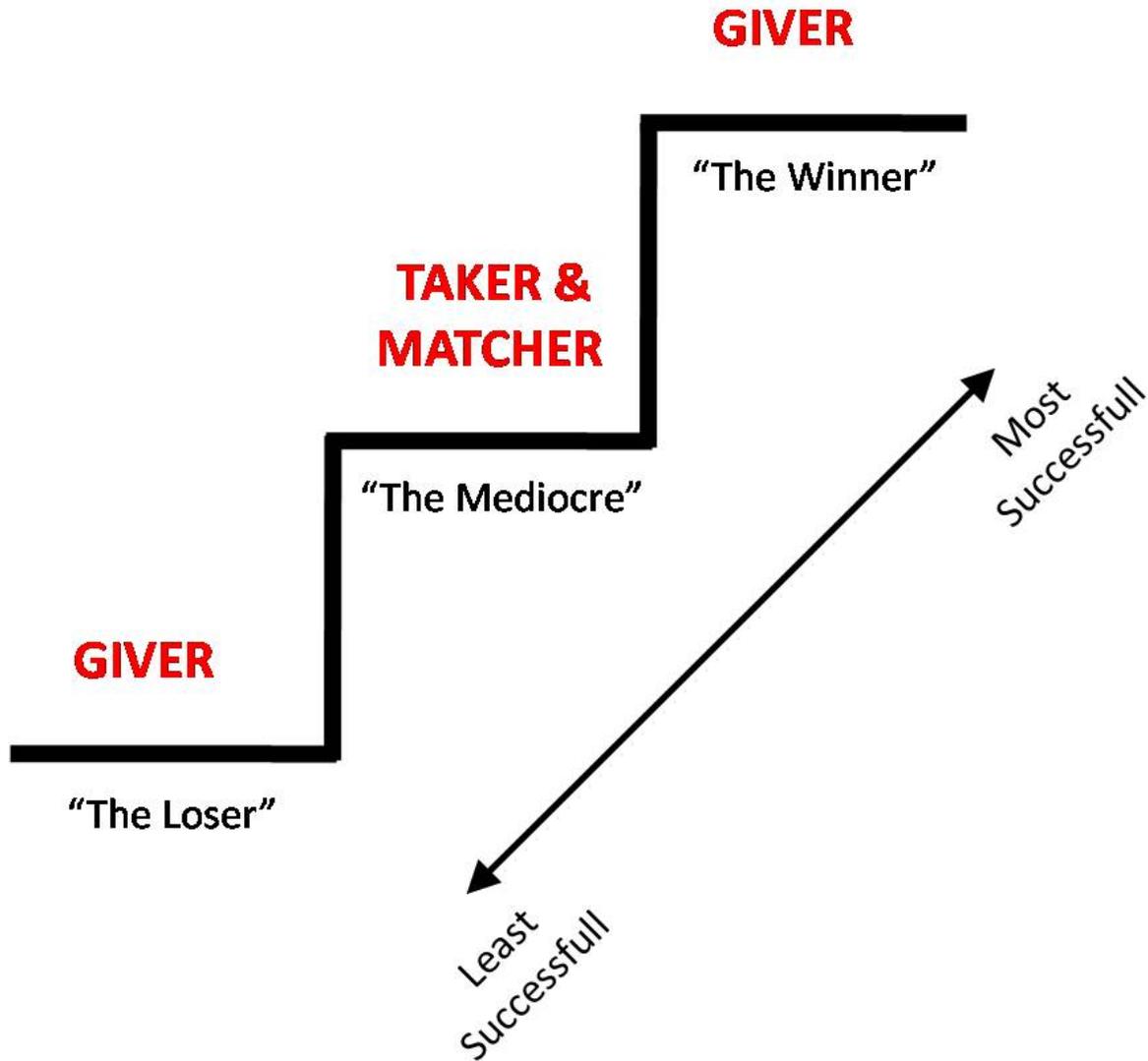




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Can we have  
too much of a  
good thing?

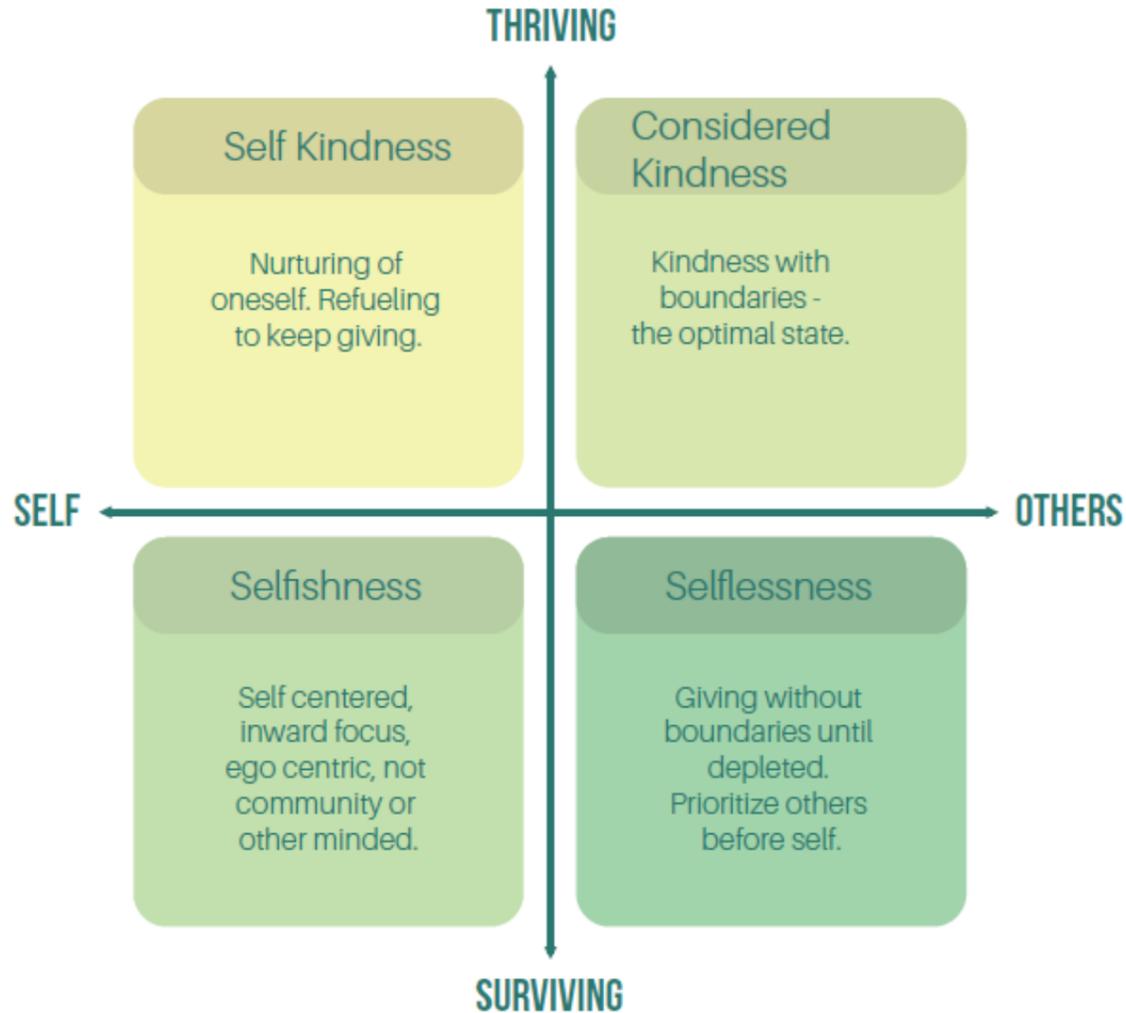
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Why are some givers winners and some not?

(Adam Grant)

# How Can We Get Giving Right?





## How Might We Make The Most of Kindness as Wellbeing Superpower?

- **Strangers more than family** - choice and control rather than obligation
- **Having personal contact** – oxytocin happens in person.
- **Having boundaries** – sometimes the kind thing to say “No”
- **Record your kindness**, savouring the impact you made
- **5 acts in one day** rather than dispersed over the week
- **Variety** – spice it up and
- Use your **strengths**



## **What about when kindness is not well received?**

Stress occurs when we expect something from our kindness

Better to have no expectations and think

‘This is who I am: I am kind’

If we are unappreciated, we can decide if we are happy to accept that, or be kind to ourselves and set boundaries

*Adapted from Hamilton, David.*



# Key points lesson 3

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- Whilst compassion and kindness are so good for us, we can give too much. This can make us feel depleted, resentful and be less productive.
- If we've been selflessly giving, or we're struggling ourselves, we may need to move to self care to repair and refuel.
- The ultimate state to kindness and compassion is for it to be “considered” – with boundaries that protect ourselves.
- We need not expect anything in return for our kindness/compassion, rather make it part of who we are and what we do.

**“COMPASSION IS THE  
GREATEST GIFT, AND  
THE GREATEST MAGIC.  
THIS IS A GIFT WE GIVE  
TO OURSELVES AND  
OTHERS” JAMES DOTY**

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# Key Points - COMPASSION



Self compassion – recognising our own suffering, that we're not alone in it and that we can soothe ourselves like we would a good friend.



Kindness and compassion activate thriving in a multitude of ways making them wellbeing super powers



Balance is needed. Kindness with boundaries is best.