

Learning and Practices

Compassion Practices

Compassion practices enable safety, trust and cooperation. They help to create the system conditions for compassion and care for all. Evaluation suggests these practices improve self-care and team functioning and are highly valued by those who have experienced them.

At this time of unprecedented complexity, challenge and stress, individuals are at risk of burning out, teams are at risk of losing cohesion, and this leaves health and social care organisations and the system vulnerable, just when we need it most. The practices can help re-balance.

<https://compassionpractices.net>

Compassion - Care for others - Care for self - Connection - Community

All too often, those who give care don't receive the care they need, often through no fault of their own. These structured compassion practices are all about reconnecting people to purpose, humanity, self, and each other, in a way that feels accessible, simple, and straightforward to implement.

The Compassion Practices:

for Groups and Teams:

1. The **60-minute Compassion Circle** is the original practice as developed by Andy Bradley and colleagues. So, if you can make an hour, this is probably the place to start. It includes an exploration into enabling and inhibiting factors.

<https://compassionpractices.net/wp-content/uploads/2021/03/60-minute-Compassion-Circle-Guidance-v2021-03-03-min.pdf>

2. **20-minute Care Space** was developed for people who are pressed for time. It offers an opportunity to explore what is happening right now.

<https://compassionpractices.net/wp-content/uploads/2021/03/20-minute-CareSpace-protocol-f2f-2021-03-03.pdf>

3. **10-minute Pause Space** was designed as a short practice for small groups when time is challenging, and it offers a more 'beginner' opportunity to explore self-care.

<https://compassionpractices.net/wp-content/uploads/2021/07/10-minute-PauseSpace-protocol-f2f-virtual-link-2021-03-04.pdf>

for Individuals and Pairs:

4. **5-minute Me Space** is further distilled for use by people when by themselves, or working in a pair. Each of the other practices addresses specific needs.

<https://compassionpractices.net/wp-content/uploads/2021/03/5-minute-MeSpace-protocol-f2f-virtual-v2021-03-03.pdf>