

The background of the slide is white and features several soft, pink hearts of varying sizes scattered across the page. A white rectangular box with a thin grey border is centered on the slide, containing the main text.

The Day of Compassion

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(September, 2013)

desire
cornerstone
appreciation
confused
emotional
suffering
necessary
pain
charity
need
help
compassion
non-judgment
eliminate
feeling
love
empathy
awareness
consideration



Compassion is an emotional response when perceiving suffering of others, and involves an authentic desire to help. This is the linguistic meaning, but when applied “on the ground” in life, it is more than merely a definition or attitude.

The Day of Compassion changed my life forever. It was only 24 hours, but it was a day that anyone would want to be longer. It made me a different person. As a doctor, I practice compassion and empathy everyday, but this day was different.



I started my day with the beautiful smiles and kisses of my kids and my beloved wife early in the morning, drinking coffee with breakfast, then dropped off the kids to school on my way to the hospital, laughing and smiling all the way. Family is everything to me.



today is

D↓ I F F E R E N T ↓

Doing the morning clinical tour with my resident doctors, greeting my patients in the ward with a smile, and examining them thoroughly and with care—this is my daily compassionate behavior, but today there is something else. There is...



A Clown Party!

I arranged for a clown party in the pediatric cancer center that day, and I participated myself to bring a smile to the children there.



I dressed up as a clown with funny make-up. We danced, sang, and told jokes. I have never seen the ward flourish as it did today.



This is the first time that I did something like this, and it gave me a lot of pleasure to see the children so happy.



During the Day of Compassion, I shed tears of happiness. It was a great feeling.





*“Not all of us
can do great things. But
we can do small things
with great love.”*

Mother Teresa

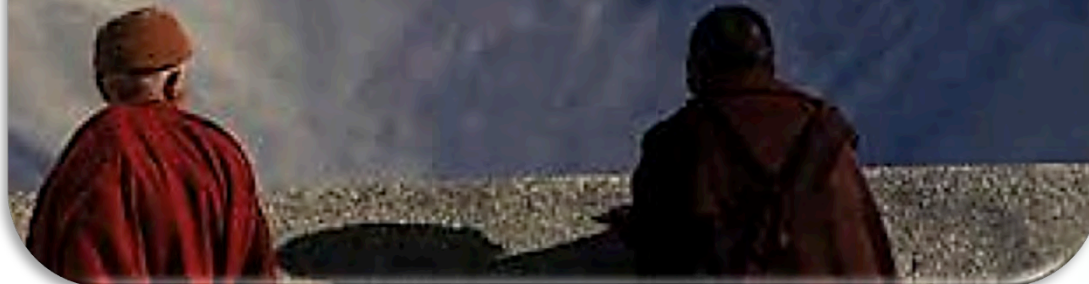
IF YOU WANT OTHERS TO BE **HAPPY**
PRACTICE COMPASSION
IF YOU WANT TO BE HAPPY
PRACTICE COMPASSION

14th Dalai Lama



celebquote.com

*Love and compassion are necessities, not luxuries.
Without them humanity cannot survive.
- His Holiness the Dalai Lama*



**“Love begins at home,
and it is not how much we
do... but how much love we
put in that action.”**

~ Mother Teresa



The party ended after two hours, and it was time for me to return home.

After school, my kids were sad. When I asked what was bothering them, they told me that Sarah, a friend in the neighborhood, would no longer be coming to school because her parents had decided against it.



In the evening, I visited Sarah's parents and asked why they had decided not to let Sarah attend school.

They explained that they were a poor family and that they could not pay the school fees because Sarah's father (an electrician) had been released from the company he was working for.

This explanation troubled me. I argued that Sarah had a right to be educated, and I asked the father to work hard to find a new job. He said that in the past month he had searched desperately for any job he could find, but that he had been unsuccessful and had exhausted all the family savings.



Because it was the Day of Compassion, I decided to pay Sarah's annual school fee, which was 800,000 Iraqi dinars (about \$700), just as I did for my two kids, so Sarah could be my "third kid." What a lovely girl she is! The smiles of the parents were nothing compared to that of Sarah. The father thanked me and promised me to repay the money, but I replied that I did this as a good deed and did not want any repayment.


"Engaging people in a dialogue also leads to greater compliance with a request, presumably because dialogue resembles friendship more than a monologue does. The idea is to talk with people rather than at people." (Prof. Plous, Social Influence)

Lovely Sarah in between my kids (2 years ago)



The smile of a child is worth a fortune.





After visiting Sarah's parents, a second challenge arose: How to alleviate her father's lack of employment.

The father's release by the company he worked for led him to mistrust the community and feel that he had been treated unjustly. Perceptions of *justice* are based on an equitable distribution of rewards in proportion to how much each individual contributes (Walster et al., 1978).

I phoned the head of staff in our hospital and asked if there was any possibility of hiring an electrician. As it turned out, he was in need of an electrician for part-time work, and all he needed was the CV of Sarah's father to employ him with an acceptable wage the very next day.

WOW, everything seems possible with compassion!
I did it again, like a

3-IN-ONE

Being an internal medicine doctor makes you compassionate as a result of being exposed to the daily suffering of your patients. You are the one who alleviates their pain, being there in the ward nearly ten hours a day. As you get to know patients and take their history, you become their friend and they become your companions during the daily clinical sessions and tour.



So, I prefer my Compassionate Self all the time and try hard to maintain it. This is my daily practice and not something hard for me.



According to social exchange theory, we help after doing a cost-benefit analysis, as part of an exchange of benefits that maximizes rewards and minimizes costs.

But we also experience empathy by feeling distress when seeing someone in distress, and by feeling relief when their suffering ends. Helpful acts that increase another's welfare often bring personal satisfaction.



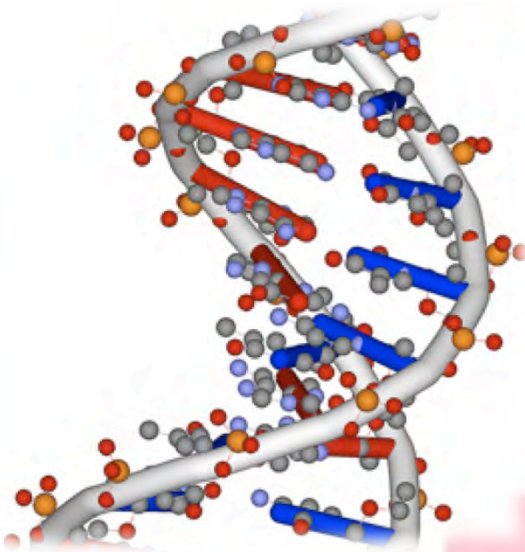
When weighing the costs and benefits of compassion, anyone can imagine the results from the smiles of the children in the cancer center and their goodbye kisses after the clown party. This sort of experience may have a huge benefit on physical health, mental health, and overall well-being .



The reason a compassionate lifestyle leads to greater psychological well-being may be explained by the fact that the act of giving appears to be as pleasurable, if not more so, as the act of receiving.



A life of meaning and purpose is focused less on satisfying oneself and more on helping others. It is a life rich in compassion, altruism, and purpose. We might expect inflammation to be lower for people with higher levels of happiness.





A compassionate lifestyle might also improve longevity by serving as a buffer against stress, and it might boost our well-being by broadening our perspective beyond ourselves.

Giving to others even increases well-being above and beyond what we experience when we spend money on ourselves. Feeling more energized to help, and enjoying better mental and physical health, can speed up recovery from disease and increase our lifespan.



People who feel more connected to others have lower rates of anxiety and depression, better immune system responses, higher self-esteem, more empathy toward others, and more trust—a positive feedback loop of social, emotional, and physical well-being.

1- Dunn, E. W., Aknin, L. B., & Norton, M. I. (2008). Spending money on others promotes happiness. *Science*, 319, 1687–1688.

2-Diener, E., & Seligman, M. E. P. (2004). Beyond money: Toward an economy of well-being. *Psychological Science in the Public Interest*, 5, 1–31.

3-Brown, S. L., Nesse, R. M., Vinokur, A. D., & Smith, D. M. (2003). Providing social support may be more beneficial than receiving it: Results from a prospective study of mortality. *Psychological Science*, 14, 320–327

people ^{the} respond ^{if} you
want ^{way} to
change

According to Haidt: “Seeing someone helping another person creates a state of elevation which furthermore inspires us to help others, and it may just be the force behind a chain reaction of giving.”

Compassion is contagious; people keep the generous behavior going for hours. By lifting up others, we are also helping ourselves. Happiness spreads, and if the people around us are happy, we in turn become happier. Acts of generosity and kindness beget more generosity in a chain reaction of goodness.





How I and the other adults felt after the clown party is very easy to convey. The Clowns Band refused to accept any payment when they saw how happy they had made the children. In fact, they will be returning next month for free!

The response of the hospital administration board was to paint all the blank walls of the cancer ward with cartoon and clown pictures to inspire the children to enjoy life. This contribution came from the vice principal of the hospital.



**INSPIRATION
IS CONTAGIOUS
PASS IT ON...**

The big WHY?

Why were the Clowns Band and Hospital Administrative Board so compassionate?

People are obliged to give back to others the form of behavior, gift, or service that they have received.

Also, people are more likely to say yes to those whom they like. We like people who are similar to us, who pay us compliments, and who cooperate with us towards mutual goals.



It was such a beautiful day, full of new experiences that changed my life. I was exhausted but happy by what I did.

The heart is
like a garden.
It can grow compassion
or fear, resentment
or love.
What seeds
will you
plant there?
~ Buddha



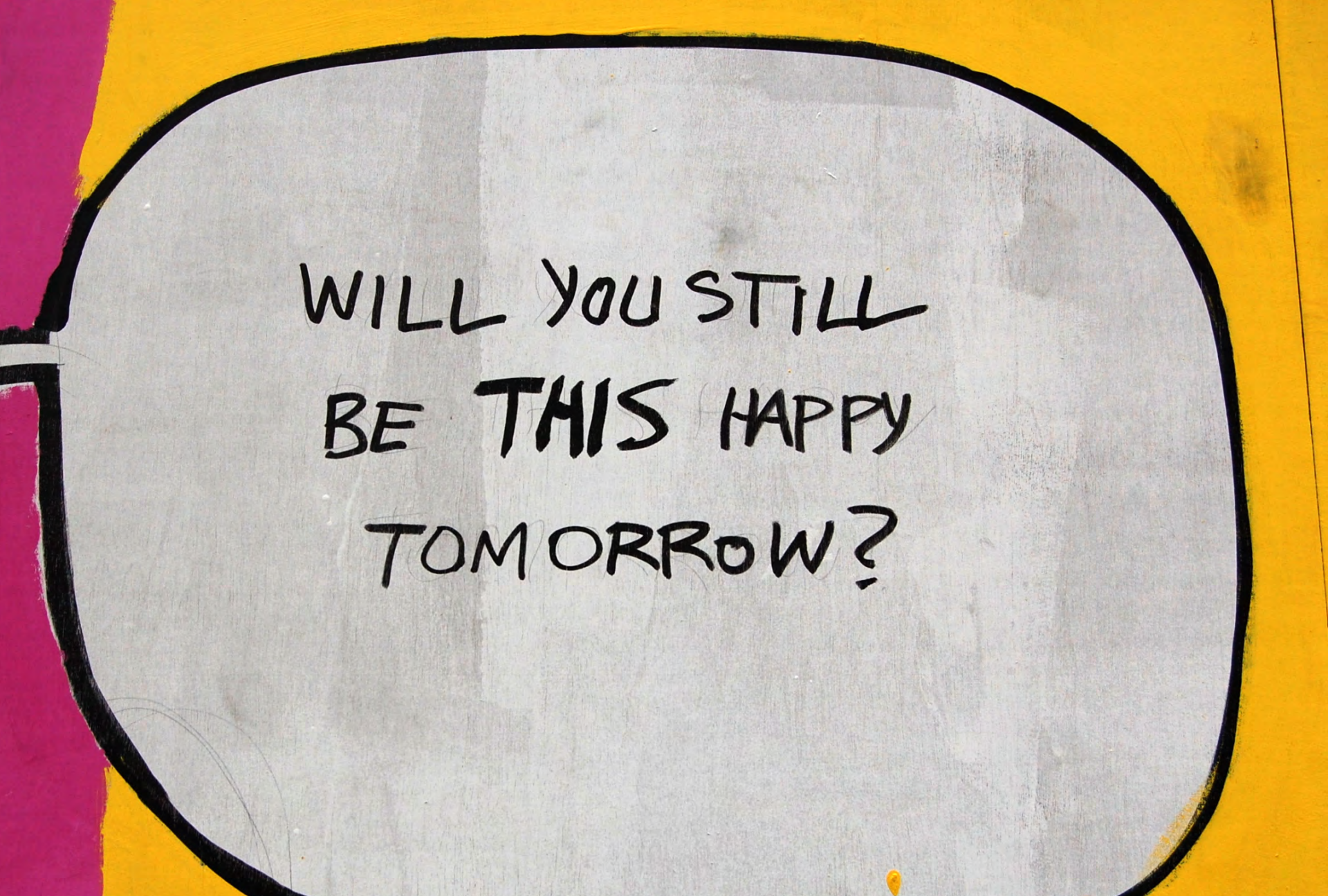
Compassion,
Learn it
Teach it
Share it





**“AT THE END OF
THE DAY, LOVE AND
COMPASSION
WILL WIN.”**

TERRY WAITE
QUOTESEVERLASTING.COM



WILL YOU STILL
BE THIS HAPPY
TOMORROW?

My beloved wife asked me this. I replied, "Not only tomorrow..." and fell asleep.