Cultivating Compassion for Life and Work in Graduate School
Agenda

Introductions
Acknowledging Life
Connecting to Self
What Gets in the Way?
Caring for Self
Workplace Strategies
Introductions

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Acknowledgments:

COVID-19
Racial Violence
Polarized Discourse
Ambiguity/Constant Change
Resilience and Dedication
Reckoning
Society: Be yourself

Society: No. Not like that

PUT “ME” on your PRIORITY LIST

WHAT GETS IN THE WAY?
Activity #1

Shifting our Relationship to Self
Cultivating Self Compassion

- Get on our own side/tame the inner critic
- Grow the space between stimulus and response
- Practice pause, reflection, and/or gratitude
- Articulate and honor your boundaries
Building Your Resilience

Ted Talk on Resilience by Lucy Hone

• Recognize that suffering doesn’t discriminate.

• Pay attention to where you focus your attention.

• **Change your complaint to a commitment.** Ask for help.

• Ask yourself, is this helping or hurting me?
Cultivating a Compassionate Environment in your Program

- Practice pause, reflection, and/or gratitude in your team meetings, 1:1s, etc.
- Notice others; small, caring observations go a long way
- Identify work joy triggers
- Grow your Support Network
Resources

- **Headspace for Movement, Focus, Sleep and Meditation**
- **Be Well Monthly Newsletter**
- **The Mindfulness Room – West Wing**
- **Weekly Gratitude Sessions**
- **The Power of Rest Series**
- **Connecting to Nature Mindfulness Workshop, Oct. 27th**

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Activity:

What is within your control? What is one takeaway you can utilize today?