

October 7, 2021

**Carnegie
Mellon
University**
Community
Health &
Well-Being

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

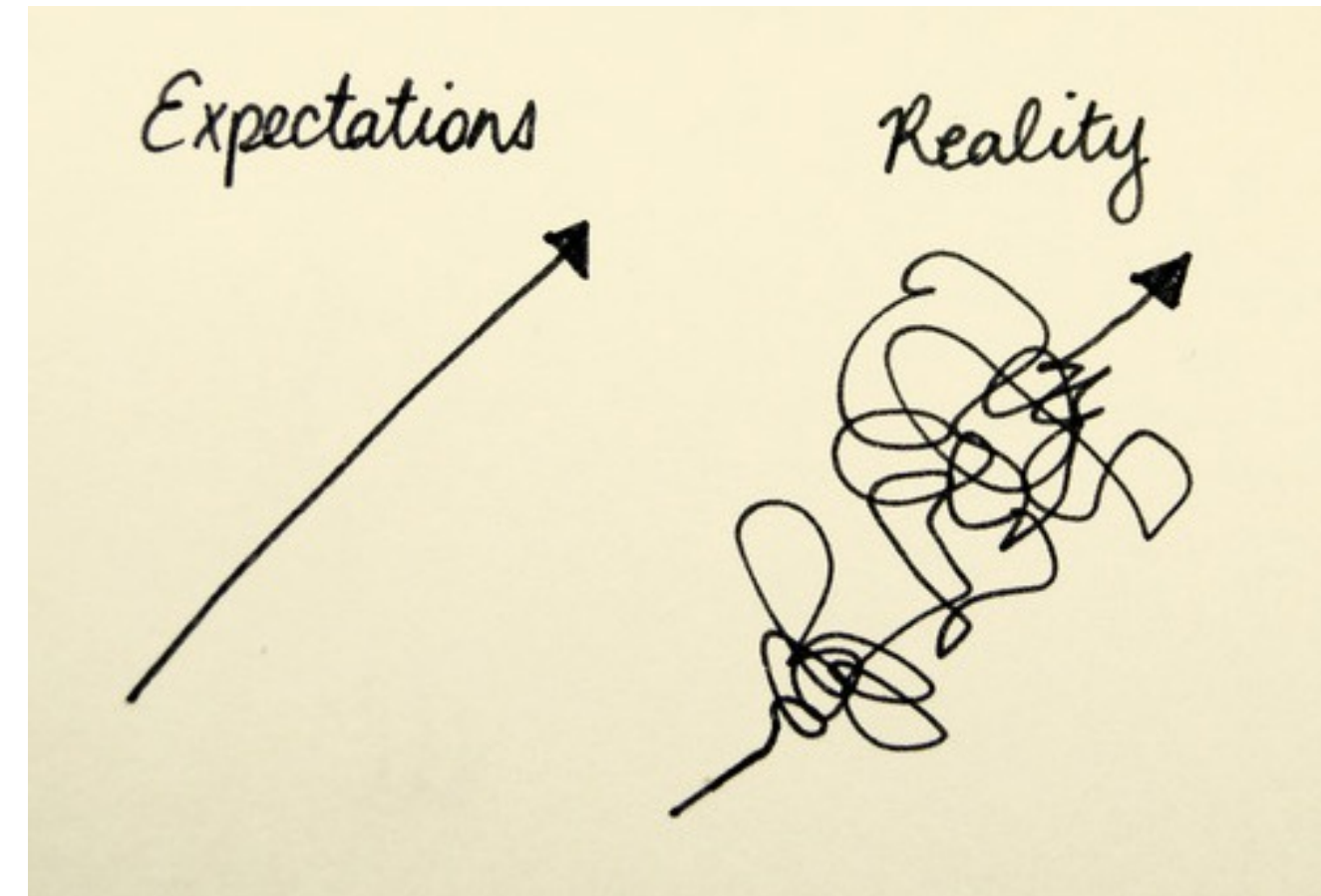






Society: Be yourself

Society: No. Not like that



**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

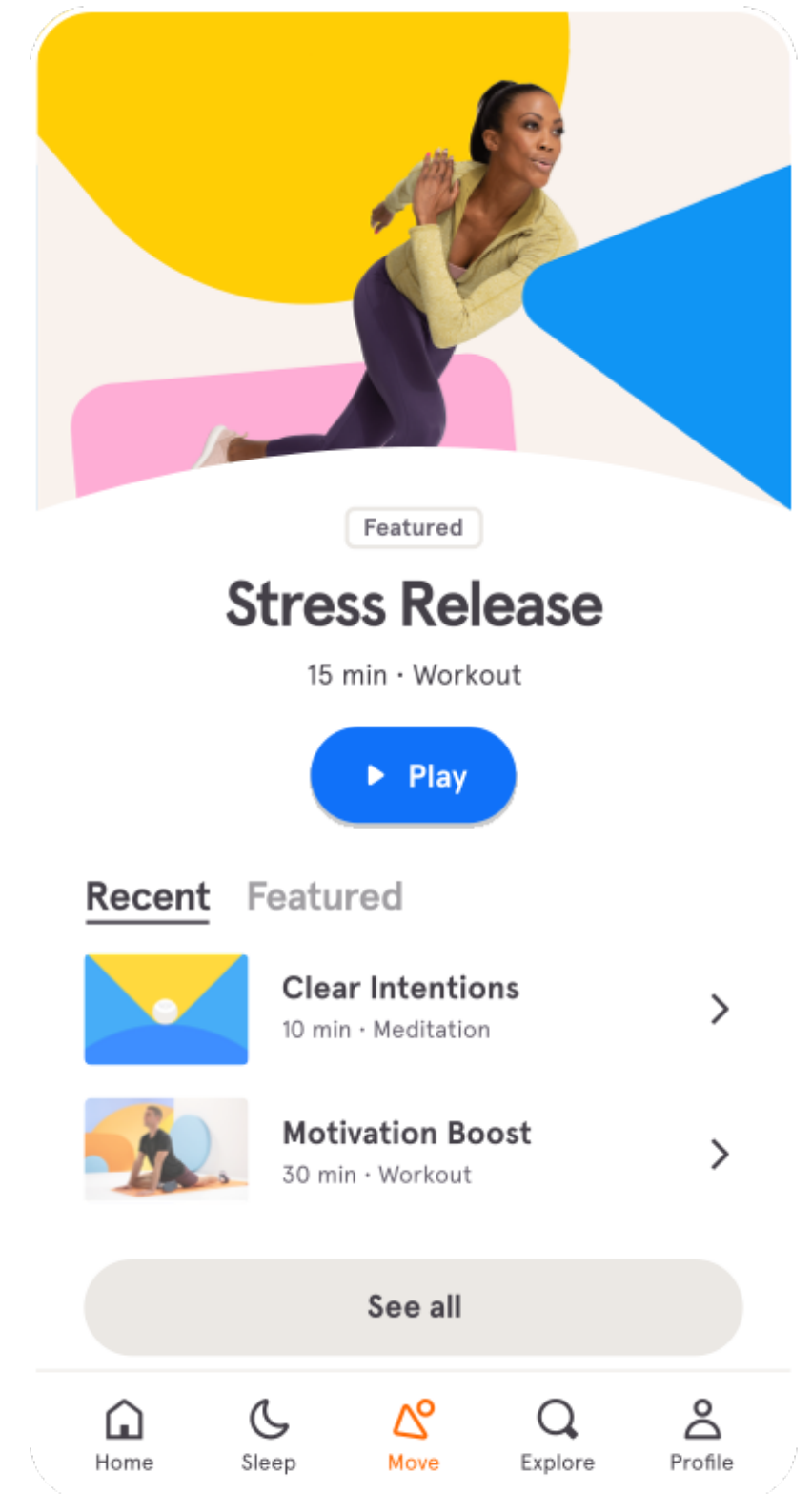
- Practice pause, reflection, and/or gratitude in your team meetings, 1:1s, etc.
- Notice others; small, caring observations go a long way
- Identify work joy triggers
- Grow your Support Network

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?