

Greetings Falcons and Falcon Families,

Today's Wellness Wednesday message is a brief reflection on compassion. I am consumed with a deep gratitude for the compassion that I have observed by our fellow humans. From the countless men and women in the medical field on the frontlines of this pandemic, to grocery store attendants and the Door Dash delivery personnel that risk their health and wellbeing for us everyday while we remain sheltered. Their willingness to put the care of others above their own is phenomenal. They are a blessing, and may they be greatly blessed.

May all our current compassion heroes be a reminder to us of the value and importance of being good to one another. We are surrounded by opportunities to demonstrate compassion. The daily patience that we show one another after a month and a half of shared confinement is truly an impressive example of compassion.

Below are two quotes on compassion. As you read them, I invite you to consider how you will continue to show compassion today, tomorrow, and beyond as we make our way through this challenging time.

"Love and compassion are necessities, not luxuries. Without them, humanity cannot survive." – Dalai Lama

"Our human compassion binds us, the one to the other – not in pity or patronizingly, but as human beings who have learned how to turn our common suffering into hope for the future." – Nelson Mandela

For more information on compassion and its many wonderful benefits, see the attached article from Greater Good Magazine:

https://greatergood.berkeley.edu/article/item/compassionate_mind_healthy_body

Take care and be well,

Mrs. Emily McDougall
CBHS Wellness Counselor