

How to be compassionate without feeling depleted



Cultivating
Human
Resiliency



Compassion
is
replenishable

I've
become so
cynical

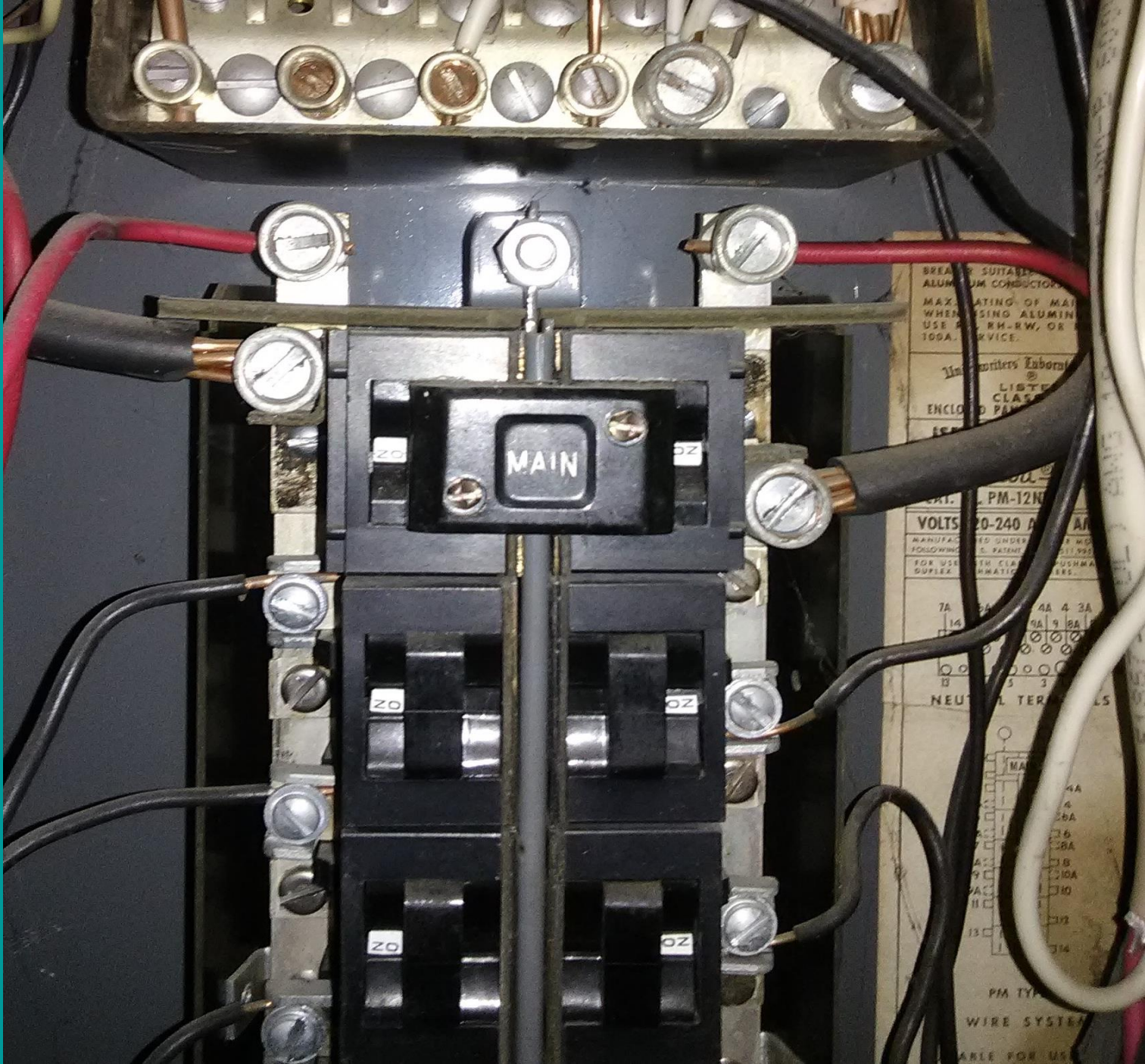
I can't
sleep

I feel
irritable

I have
digestive
problems

**I feel like I am out of
compassion**

Reset and Reconnect





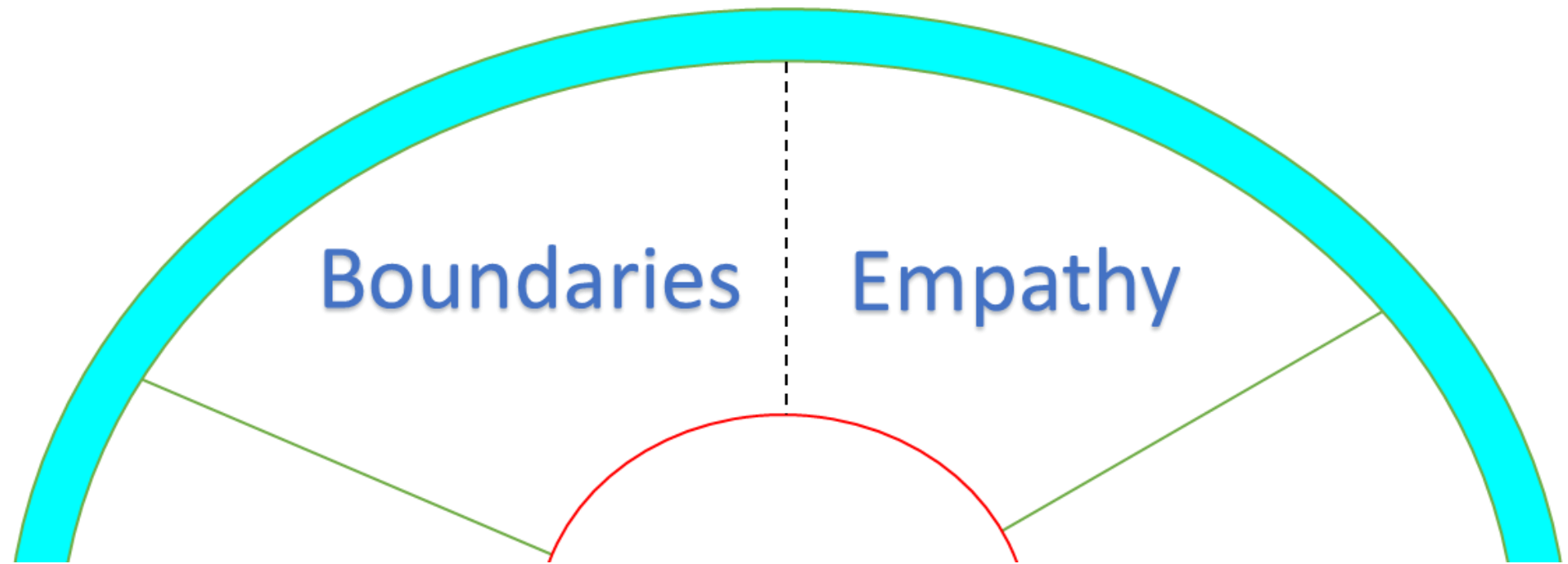
Compassion
is the
antidote





Should we
always respond
with
compassion?

Cultivating Compassion





Compassion
is
replenishable



Compassion
is the antidote