

Expressing Compassion

Emotional states impact the brain's capacity for learning.

Negative emotions decrease the ability to learn, to be creative, to access memory, to be inquisitive, and to think critically.

Coaches help guide clients towards optimal emotional states by "taming the frenzy" and preventing a further downward spiral.

Coaches and healthcare professionals who express compassion and who are empathetic positively influence their clients and patients—physiologically, mentally, and emotionally.

Goleman's (2006) types of emotional reactions: low-road and high-road.

Low-road reactions are automatic.

High-road reactions are ones that we reassess/reappraise and process the situation.

High-road reactions help decrease/stop the release of stress hormones adrenaline and cortisol.

Processing the situation helps distinguish between what happened and how we interpret what happened. This helps to develop mindfulness and awareness. Reappraising events help us gain perspective.

Self-Compassion.

Kristin Neff (2011) studied the construct of self-compassion and what it means to "suffer well". Components of self-compassion: self-kindness, sense of common humanity, and mindfulness.

Mindfulness brings greater non-judgemental awareness.

A sense of common humanity is that sense of relatedness and connectedness that we need—we are part of a bigger picture. Relatedness is a crucial part of Self-Determination Theory. In this way, self-compassion facilitates self-determination.

Self-kindness: life includes suffering, heartache, embarrassment, disappointment, and failure but you can choose gentleness and forgiveness instead of anger and self-criticism. Acknowledge that life has inherent imperfections. Be open to experiencing the good and the bad.

Positive emotion to negative emotion ratio 3:1 promotes increased resilience.

Fredrickson (2009). Positive emotions foster greater attention span, open-mindedness, creativity, critical/strategic thinking.