



Compassion is part of a fundamental human drive to care. It is the desire to alleviate suffering. Being compassionate is replicating what God shows us every day.

Some examples:

In [Mark 5: 1-13](#), God drives out the demons from a man.

In [Mark 1: 40-41](#), God heals a man with leprosy.

In [Matthew 9:18-26](#), Jesus raises a girl from the dead and heals a woman.

While these are amazing acts of healing and compassion, we can show compassion in other ways such as volunteering, saying a kind word, helping a friend, loved one, or a stranger. The ability to show compassion first starts with the ability to recognize someone's suffering and then taking action to help – no matter how big or small.

[Look for ways to show compassion today.](#)

“ *If you want others to be happy, practice compassion. If you want to be happy, practice compassion.* ”
—Dalai Lama



Compassion is part of a fundamental human drive to care. It is the desire to alleviate suffering. Being compassionate is replicating what God shows us every day.

Some examples:

In [Mark 5: 1-13](#), God drives out the demons from a man.

In [Mark 1: 40-41](#), God heals a man with leprosy.

In [Matthew 9:18-26](#), Jesus raises a girl from the dead and heals a woman.

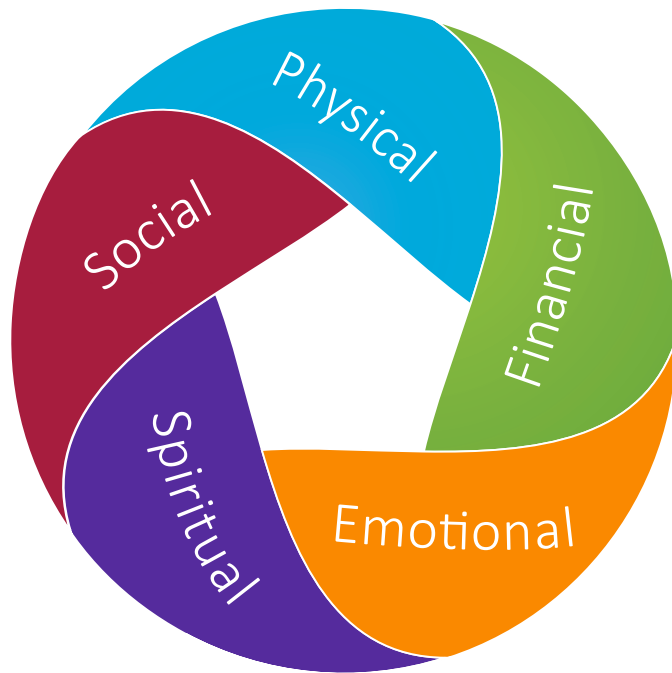
While these are amazing acts of healing and compassion, we can show compassion in other ways such as volunteering, saying a kind word, helping a friend, loved one, or a stranger. The ability to show compassion first starts with the ability to recognize someone's suffering and then taking action to help – no matter how big or small.

[Look for ways to show compassion today.](#)

“ *If you want others to be happy, practice compassion. If you want to be happy, practice compassion.* ”
—Dalai Lama

DIMENSIONS

CONNECTING ELEMENTS OF WELL-BEING



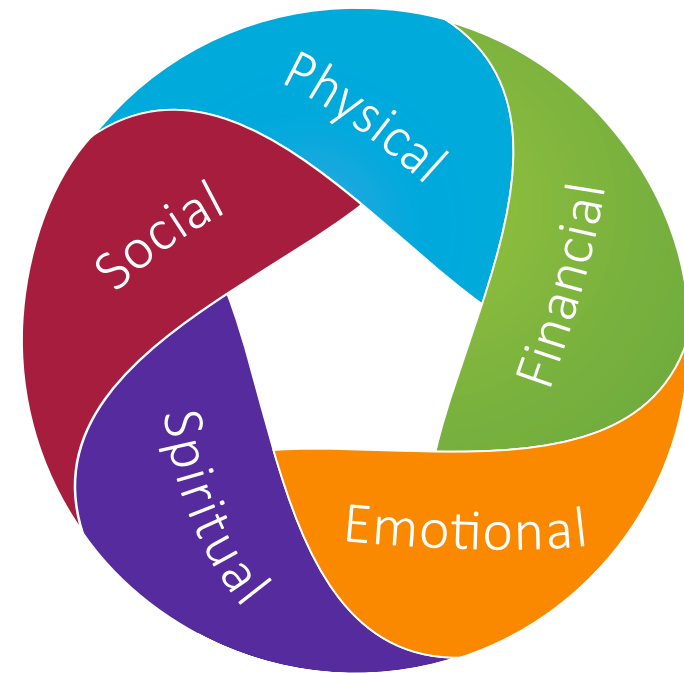
Find more health and well-being information at
wspath.org/benefits.

Provided by Wespeth Benefits and Investments

Wespeth is providing information in this publication as an educational service to illustrate some practices that may have a positive impact on well-being. Wespeth's sharing of this general information should not be construed as, does not constitute, and should not be relied upon as medical advice nor legal, counseling, accounting, tax, or other professional advice or services on any specific matter.

DIMENSIONS

CONNECTING ELEMENTS OF WELL-BEING



Find more health and well-being information at
wspath.org/benefits.

Provided by Wespeth Benefits and Investments

Wespeth is providing information in this publication as an educational service to illustrate some practices that may have a positive impact on well-being. Wespeth's sharing of this general information should not be construed as, does not constitute, and should not be relied upon as medical advice nor legal, counseling, accounting, tax, or other professional advice or services on any specific matter.