BE COMPASSIONATE
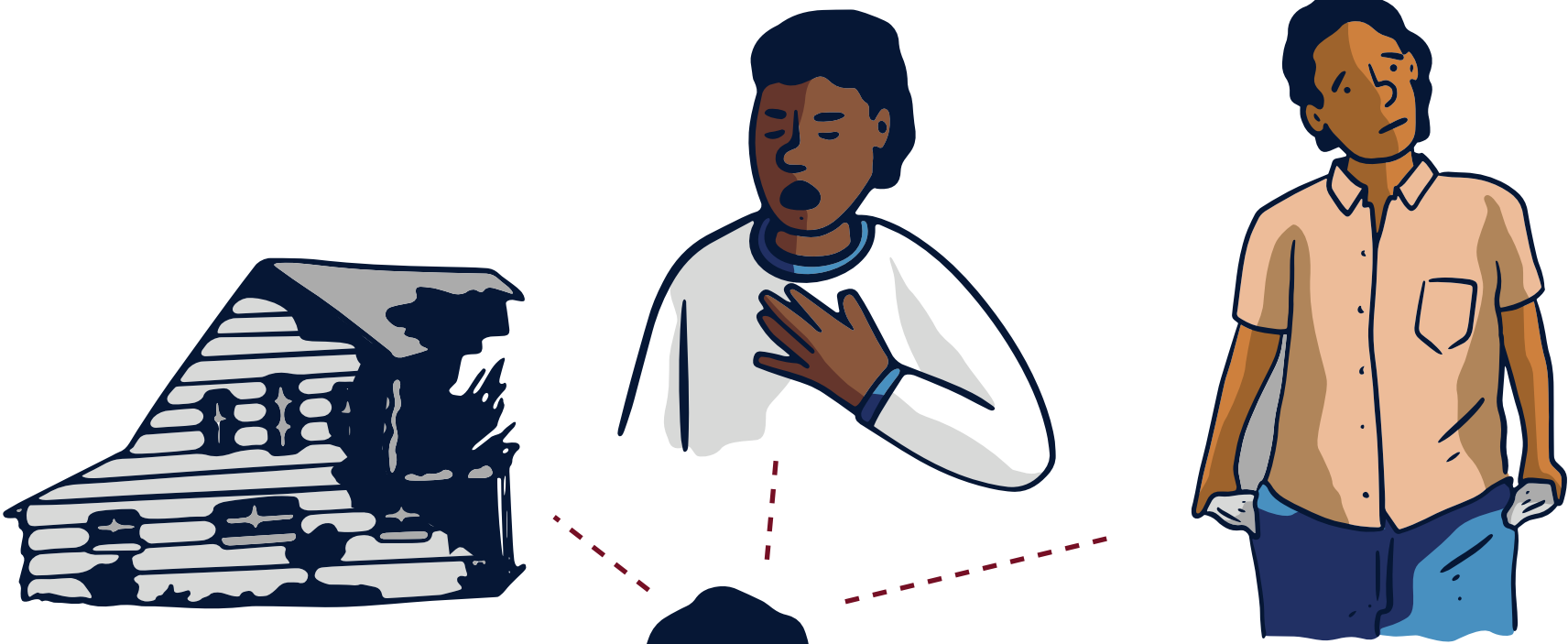
COMPASSION = ALLEVIATE THE SUFFERING THROUGH ACTION:

When we recognize the suffering of others and feel the wish to relieve their suffering, we experience one of the super powers of our humanity.

When humans witness the suffering of another, it alerts our brains to react. It releases a chemical reaction that compels us to feel concern, love, and a desire to hhelp.

COMPASSION IN ACTION:

People doing ordinary and extraordinary things in moments when they are most needed.

compassionate USA