



Public Safety Psychological Services

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Staying Sane In Insane Times - “Compassion”

Noun ~ “a feeling of deep sympathy and sorrow for another who is stricken by misfortune, accompanied by a strong desire to alleviate the suffering.”

This weekly tip sheet is to support you and your families during this ongoing public health event. During our annual wellness visits, using the acronym **PIES**, we discuss ideas for staying healthy and resilient. We welcome your ideas – email us at cvablais@psspc.net As always, if you or a loved one are feeling suicidal, please call “911”, Code4NW at 425-243-5092 or the National Suicide Prevention Hotline at 1-800-273-8255.

Physical Health – the “P”

Fall Cleaning. Start getting your house and yourself in order for the winter. Stop putting off those house projects and get them done. *Getting physically into action will help your mental state and offering to help others with their to-do list will improve both your mood and theirs.*

Challenge: Help your spouse, kids, family or neighbors with projects this week. Make a to-do list and get it done.

Intellectual Health – the “I”

Develop a morning routine. Lots of research shows that starting your day in a mindful and intentional manner can help your day go better and allow you to be more able to maintain your own mental health and assist others with theirs. *Easy way to start: Get up, DO NOT LOOK AT YOUR PHONE, pray or meditate for 1 minute, drink a glass of water, do 10 jumping jacks, 10 pushups, 10 sit-ups and 10 squats, write down 2 things you are grateful for and 2 things you hope to achieve during your day.* (This is just an idea, you can create your own routine.)

Goal: Develop a 5 minute morning routine. Aim to complete it 5 out of 7 days (Remember, progress, not perfection).

Emotional Health – the “E”

Focus on acts of kindness this week. *Take a step back and think about what you can do to make someone else’s day a little bit better.* Open a door, pay it forward in the drive through line, clean up a mess without being asked. It’s easy to focus on what others SHOULD be doing, but if you can disconnect from that thought and just go about your day thinking about what you can do to make things just a little bit better, your mindset can shift.

Challenge: Attempt to practice at least two different acts of kindness a day. Don’t tell anyone what you did but remind yourself at night that you left things a little bit better than you found them.

Spiritual Health – the “S”

Focus on your closest relationships this week. *This week, allocate time to spend with your spouse children or closest friends.* Don’t have a special agenda. Just focus on them exclusively for 30 minutes. Listen to them. Ask them questions about what is going well for them and what they are struggling with. Ask how you can help.

Goal: Learn one new thing about each person who lives in your home this week. If you live alone, pick four people you are close to and identify one thing you do not know about them.

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



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Staying Sane In Insane Times –“PIES” for Kids and Teens

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Physical Health – “P”

Get kids involved in helping with house projects. Start getting ready for winter this week!. Get kids involved in helping with these chores. If you have a neighbor or family member who might need help, ask your kids to help them. *Rake leaves, bring in plants, take unneeded items to Goodwill.* Get outside as much as possible. *If you haven’t gone yet, find a pumpkin patch and maybe carve a pumpkin or two for a neighbor who may enjoy a gift.*

Intellectual Health – “I”

Help your children develop a morning routine. Developing a morning routine helps all of us be more grounded and centered. Starting the day in a consistent manner makes us more available to help others throughout out day. Talk to your kids about their morning routine. *Brainstorm with them on a 5 minute age appropriate morning routine.* Make it fun and model it for them by creating and practicing your own morning routine. *Kid friendly idea:* Get up, (no phone), drink a glass of water, 10 jumping jacks, 10 squats, tell you (or write down) two things that make them happy and two things that they want to accomplish during their day.

Emotional Health – “E”

Teach your children about compassion. Ask them to give them their definition of the word “compassion.” Help them understand the concept. Ask them to identify people that they know or famous people who are compassionate. *Also, help them understand that being nice to themselves is key to developing compassion for others.* Challenge them to use only positive thoughts and words about themselves and others this week.

Great resource on this topic: <https://positivepsychology.com/compassion-for-kids/>

Spiritual Health – “S”

Help your kids practice kindness. *The Dalai Lama said ““Be kind whenever possible. It is always possible.”* Discuss this quote with your kids and suggest that they be kind this week intentionally. Have them tell you at the end of the day ways in which they were kind. Ask them what it felt like to be kind ☺

“Try to be a rainbow in someone else’s cloud” – Maya Angelou