

Excerpts from Dr. Boatswain January 2015 eNewsletter.
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A Revolution to Commit to Compassion

Happy New Year! The start of a new year brings hope for positive change. We make resolutions to eat healthier, exercise, cultivate healthier relationships, create a more positive work environment, and so on. January is also a time when, as a nation, we remember the vision and leadership of Reverend Dr. Martin Luther King. This year let your resolution be a revolution. In this newsletter you will read about the benefits of compassion that can create a revolution in your plans, health, and relationships. So keep reading for your health's sake!

Compassion allows you to accept yourself, including your imperfections and shortcomings, and resolve to being the best you can. Compassion allows you to nurture your mind, body, and spirit. Compassion involves an important skill of empathy which is the ability to understand another person's perspective and offer help or caring when needed. It allows you to not judge yourself or others harshly. It allows you to be kinder to yourself and others. In so doing, you have a greater likelihood of accomplishing your resolutions and goals, even for healthier relationships. How's that for a revolution!

Follow these Tips:

- 1. Fuel your compassion for yourself by regularly engaging in a self care plan that support the nurturing of your mind, body and spirit.**
- 2. Fuel your compassion for others by getting to know**

their story without judging them.

Note: Information provided in this eNewsletter is designed to support, not replace the recommendation of your medical doctor or mental health provider.