

Compassion, Gratitude, and Awe: Skills for the Journey in Times of Challenge

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MEDICINE *of*
THE HIGHEST ORDER

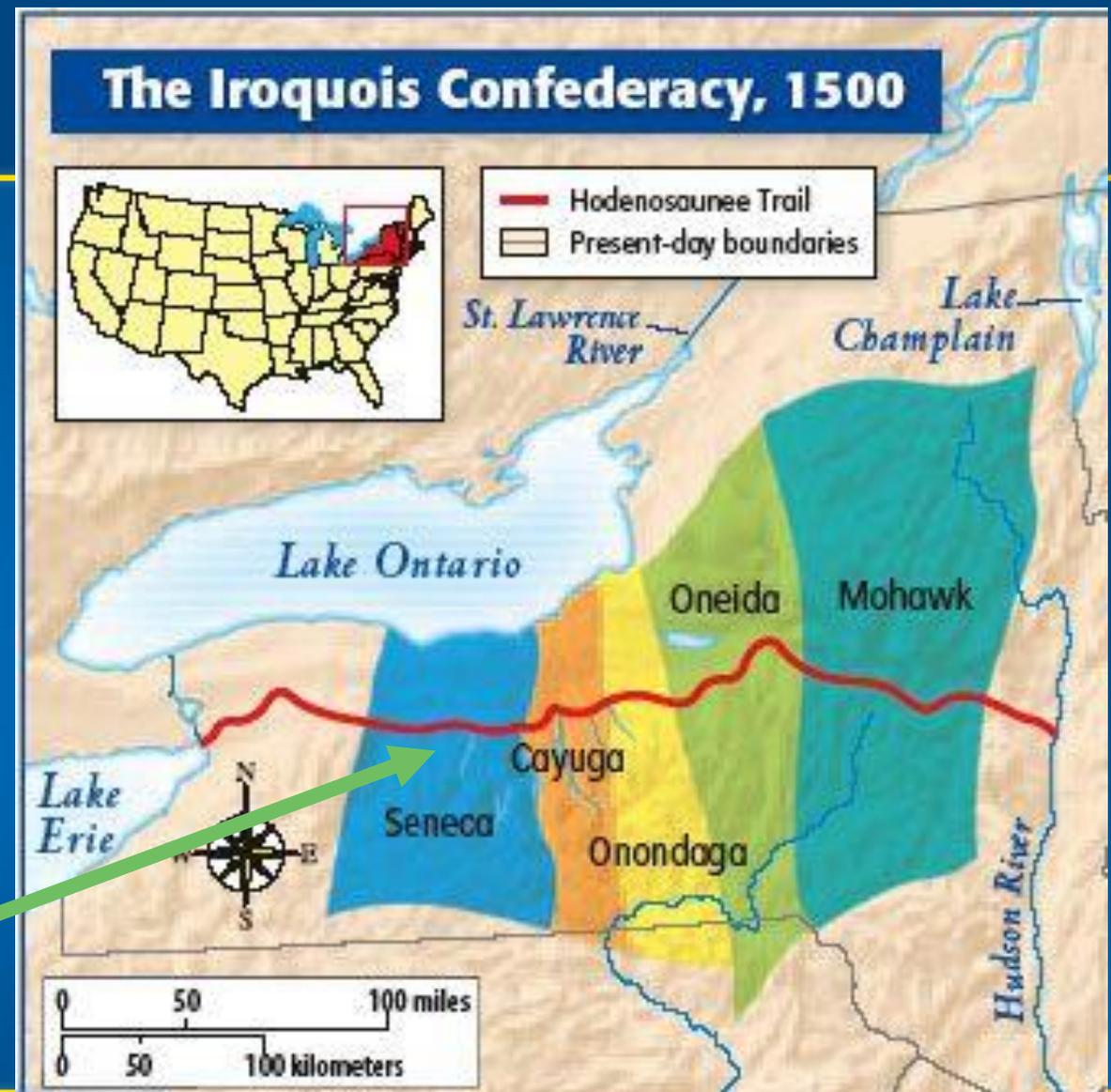


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Acknowledgement

As an expression of gratitude and appreciation for the Haudenosaunee people as a collective, the Seneca Nation in particular, we take this opportunity to thank the original caretakers on whose ancestral lands Highland Hospital now stands.



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THE HIGHEST ORDER



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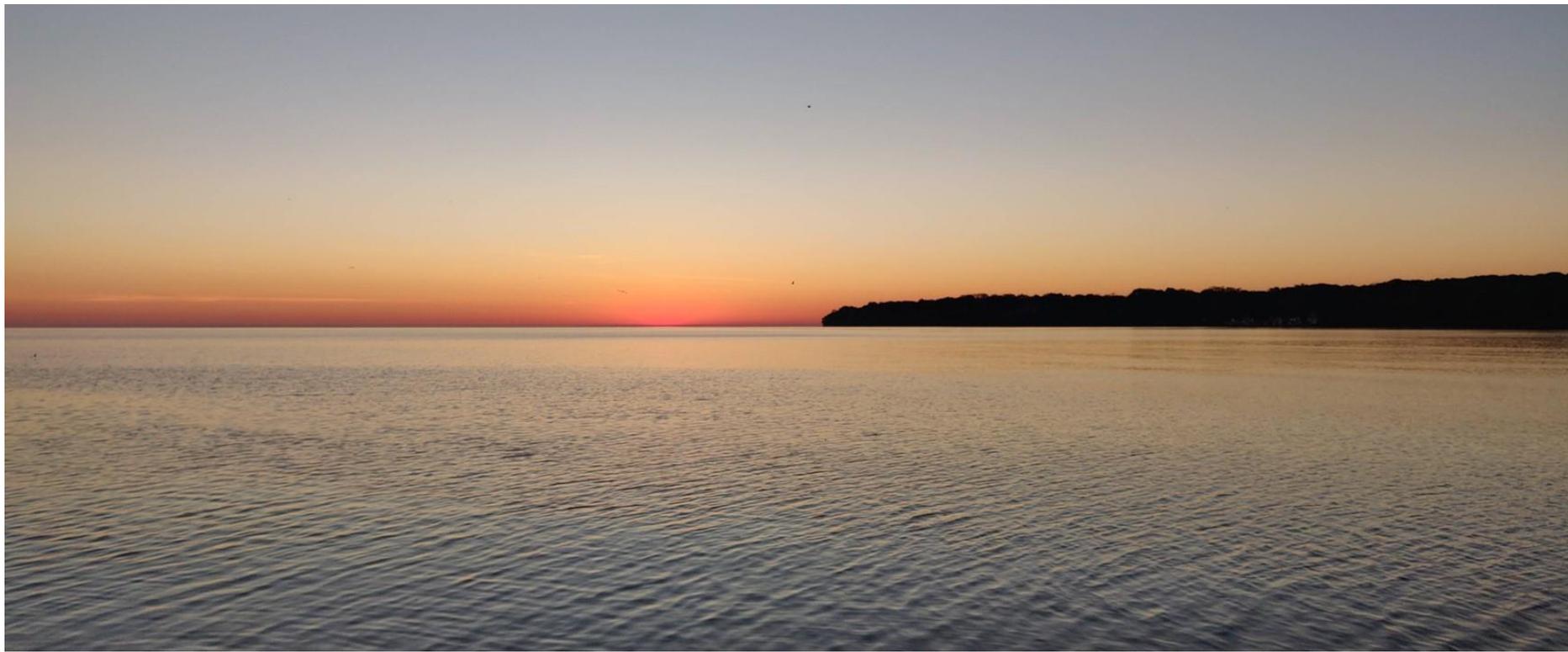
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Learning Objectives

- List three of the “self-transcendent emotions”
- Understand the role of Compassion, Gratitude, and Awe in coping with stress in healthcare
- Self-reflect on personal experiences of compassion, gratitude, and awe.





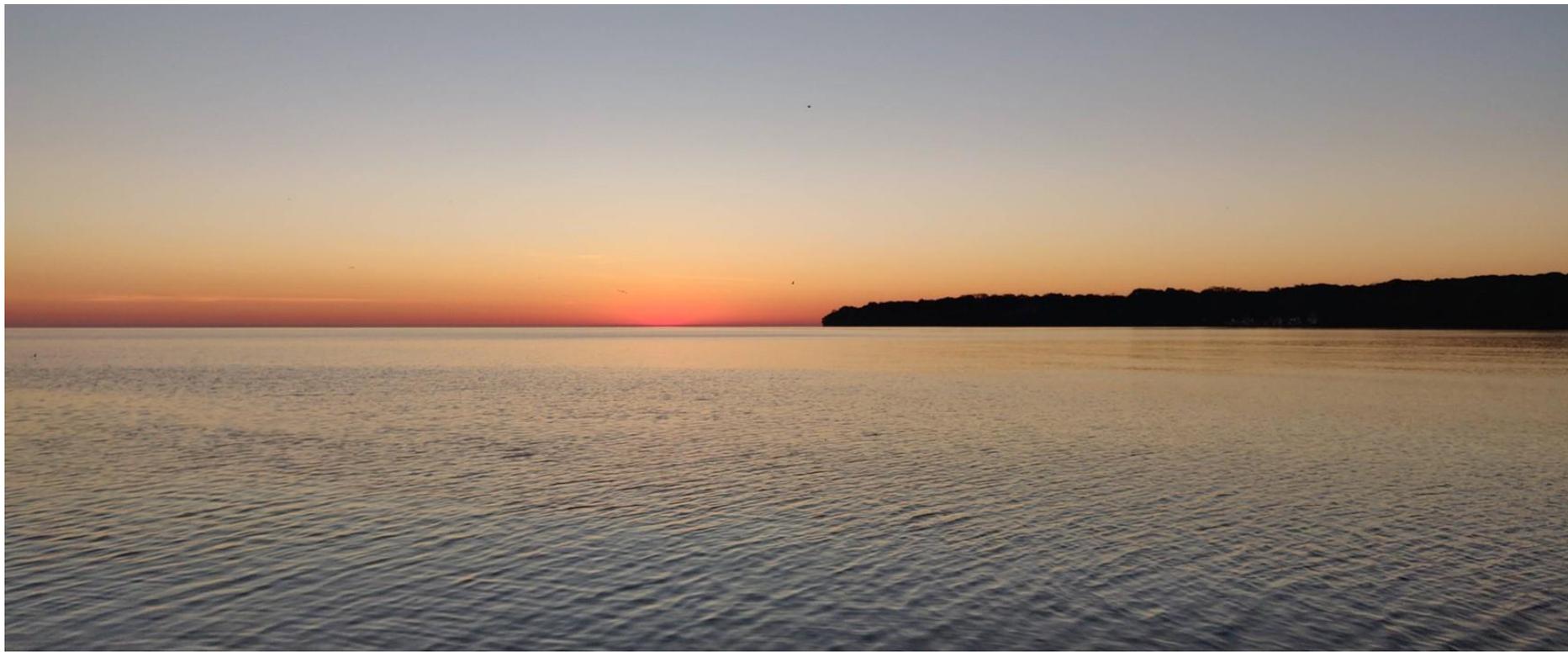


Train Caring and Kind Physicians



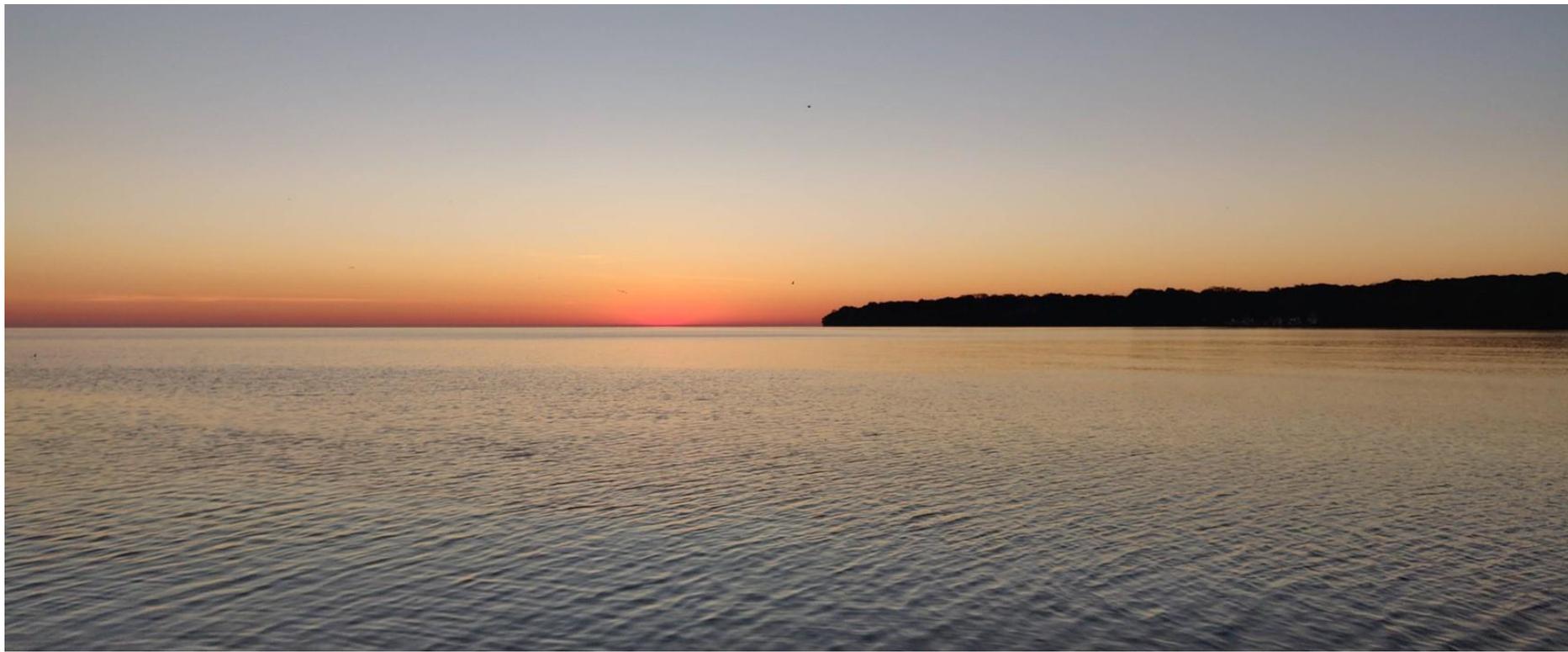
Train Caring and Kind Physicians

caring and kind to patients



Train Caring and Kind Physicians

caring and kind to patients
caring and kind to oneself

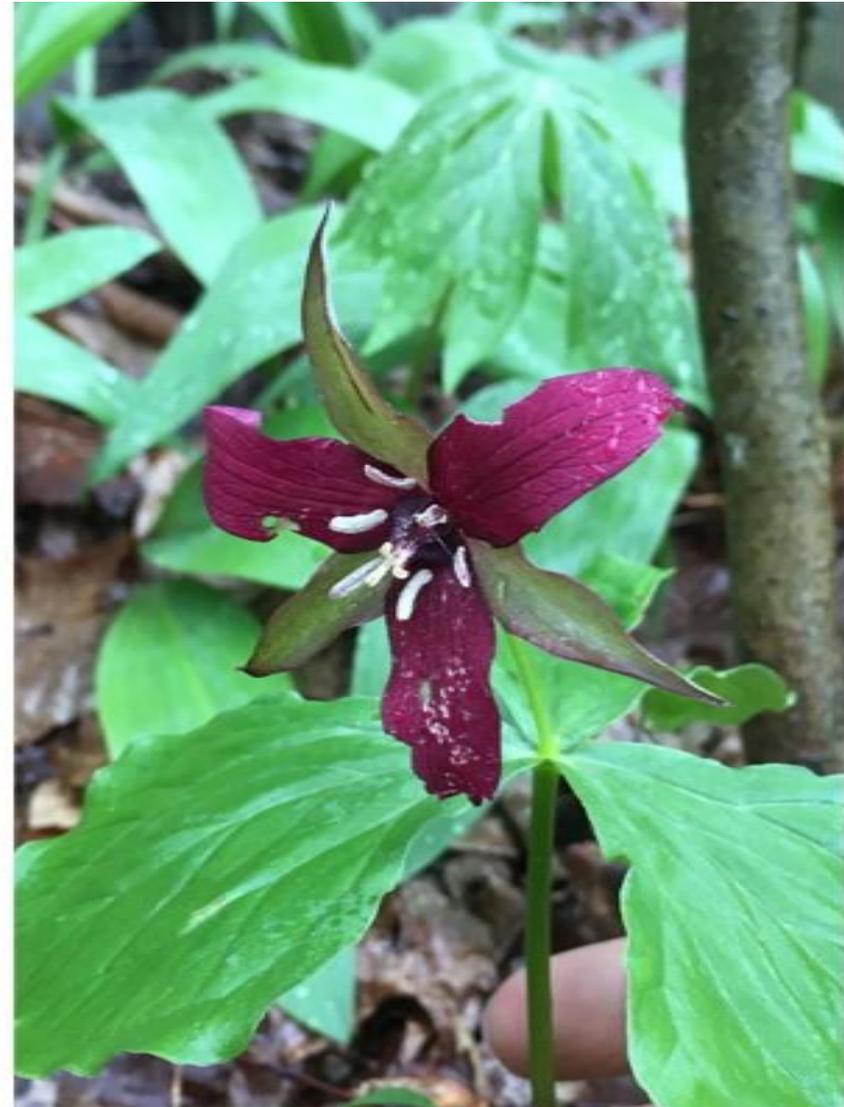


Train Caring and Kind Physicians

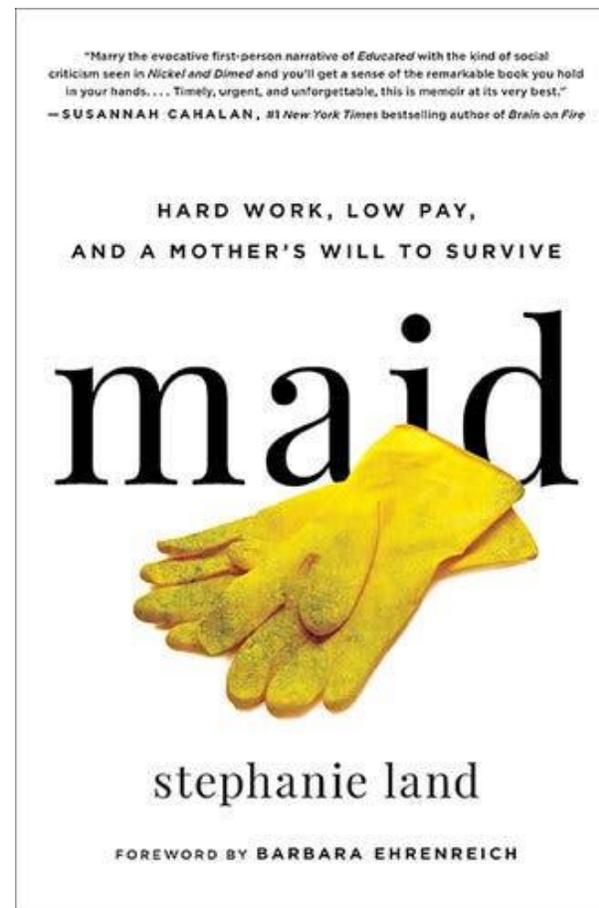
caring and kind to patients
caring and kind to oneself
caring and kind to each other

Kindness

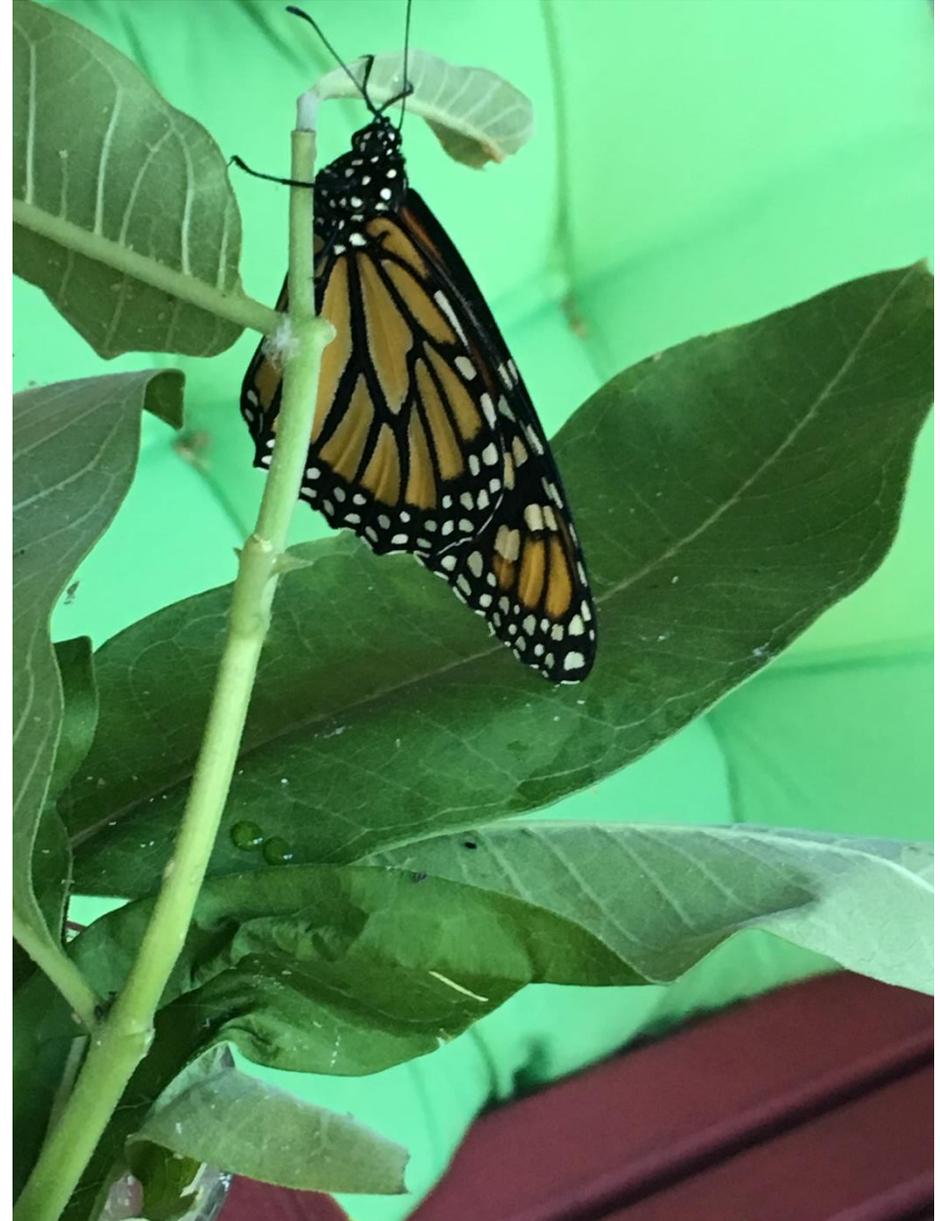
the quality of being
friendly, generous, and
considerate



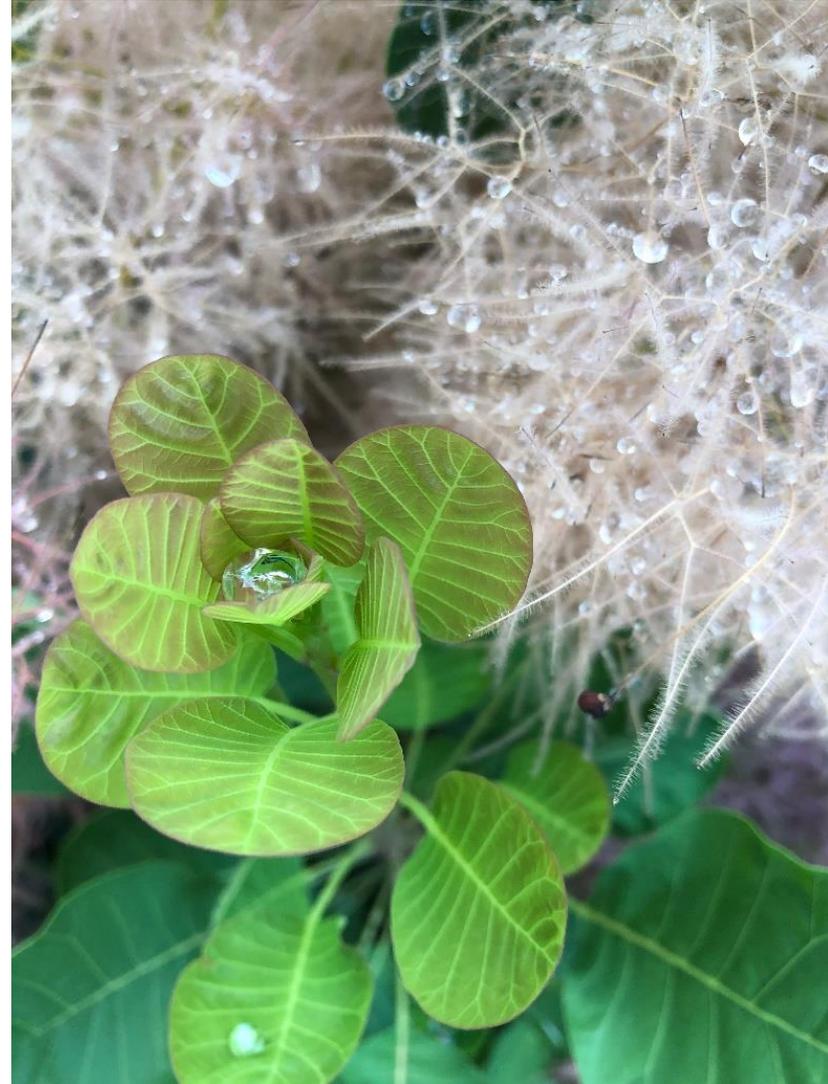
Time for a story



Time for a poem



Do your little bit of
good where you are; it's
those little bits of good
put together that
overwhelm the world.
Desmond Tutu





The **Highland Promise**
Living the ICARE values. Every day.

Self-Transcendent Emotions and Their Social Functions: Compassion, Gratitude, and Awe Bind Us to Others Through Prosociality

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Laura A. Maruskin

Dacher Keltner

Psychology Department, University of California, Berkeley, USA

Compassion

Sympathetic consciousness of others' distress, and the desire to alleviate it (Merriam Webster)

Feeling concern for another's suffering accompanied by a motivation to help (Stellar, et al 2017)



Compassion--stories

Liz Kwon, M.D., M.P.H.

Rochester Medicine 2009

Deborah Taylor, PhD

Family Medicine 2010

Donald McLaren

AAHIPM



Compassion—your turn

Write down 5 words, or a brief sentence, about recent compassion you have experienced or witnessed. You may use your own paper, or feel free to contribute to the chat.



Gratitude

The quality of being thankful; readiness to show appreciation for and to return kindness (Oxford dictionary)

Flows from the perception that one has benefited from the costly, intentional, voluntary action of another person (Stellar et al 2017)



Gratitude--stories

The Things They Gave Me

Colleen T. Fogarty, MD, MSc

Relational Narratives in Primary Care: Clinical
Connections

Grateful

Christian Wightman, M.D.

Rochester Medicine



Gratitude—your turn

For what are you grateful?

Write down 5 words, or a brief sentence. You may use your own paper, or feel free to contribute to the chat.



COGNITION AND EMOTION
2007, 21 (5), 944–963

 Psychology Press
Taylor & Francis Group

The nature of awe: Elicitors, appraisals, and effects on self-concept

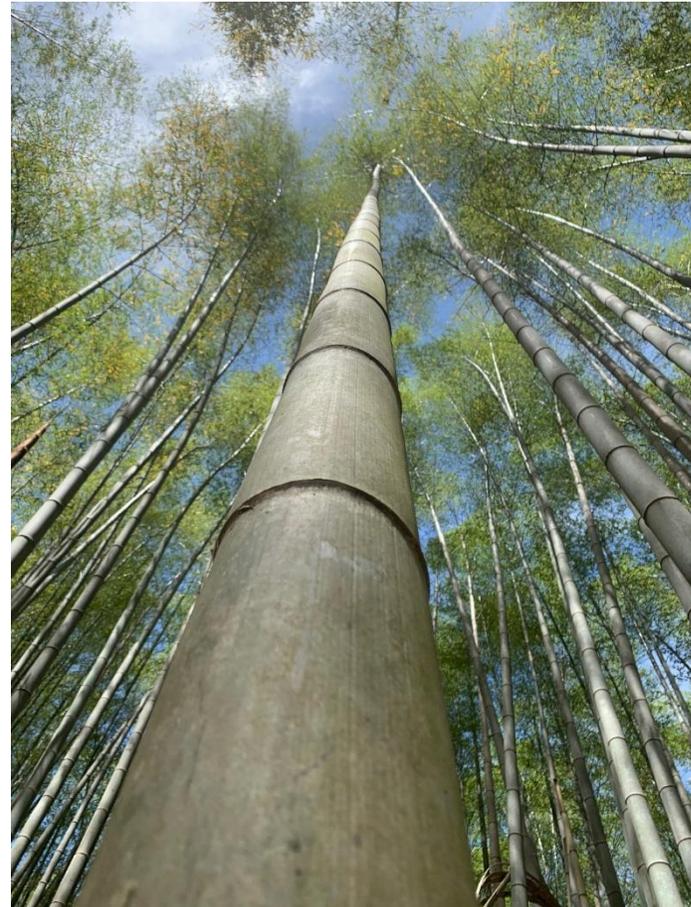
Michelle N. Shiota and Dacher Keltner
University of California, Berkeley, CA, USA

Amanda Mossman
University of California, Santa Barbara, CA, USA

Awe

A feeling of reverential respect mixed with fear or wonder
(Oxford Dictionary)

Characterized by the perception of being in the presence of something vast that the individual does not immediately understand
(Stellar et al 2017)



Awe--stories

The Rabbit

Colleen T. Fogarty, Med Hum

Helpless

Colleen T. Fogarty, Fam Med



Awe—your turn

Describe a recent experience of awe.

You may use your own paper, or feel free to contribute to the chat.



How can we get AWE?





Compassion

Gratitude

Awe

How compassion, gratitude, and awe help us

- Autonomic changes; activation of vagus nerve
- Brain changes
- Increased sense of connection to others
- Promotes group coordination and cohesiveness
- Reduced estimation of individual importance (humility)
- Promotes generosity, helping others
- Increased curiosity



Mindfulness and clinical practice

- **Attentive observation**
- **Critical curiosity**
- **Beginners mind**
- **Presence**



- **Quality of care**
 - **Noticing**
 - **Clinical reasoning**
 - **Technical skills**
- **Quality of caring**
 - **Compassion**
 - **Empathy**
 - **Ethics**
- **Well-being**
 - **Adaptability**
 - **Self-care**
 - **Self-monitoring**

Do Better



Living with our own Paradox

How do we be both
Good Enough... and
Ever Better...?



You are heroes



Take an “Awe Walk.”

Consume awe-inspiring media.

Write about awe.

Take the Awe Quiz.

https://greatergood.berkeley.edu/quizzes/take_quiz/awe

try shit out



@gapingvoic



For all of you, I have
much
Compassion
Gratitude
Awe

Thank you!