

COMPASSION OMICS

THE REVOLUTIONARY SCIENTIFIC EVIDENCE
THAT CARING MAKES A DIFFERENCE

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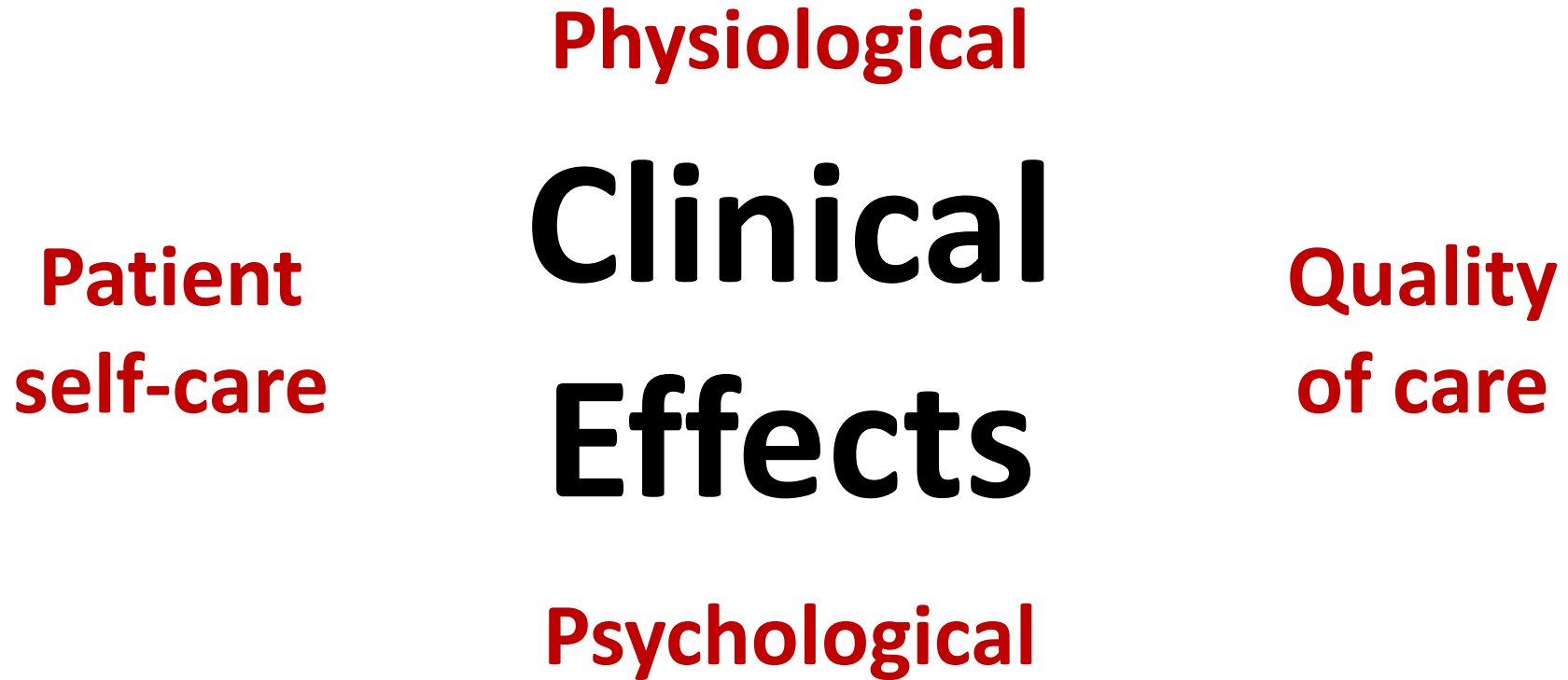
Then



Now

**Compassion is an emotional
response to another's pain or
suffering involving an authentic
desire to *help*.**

Empathy + Action = Compassion



April 12, 2020

DAILY NEWS



From treating patients, to helping loved ones shop, those people who can be fighting for those who can't manage for themselves.



COMPASSION SAVES LIVES

What the coronavirus pandemic is teaching us about caring for one another

You know the *Why...*


But *How?*

Compassion takes <60 seconds

First Author	Time (seconds)
Bylund	32
Bensing	38
Fogarty	40
Roter	54
Dempsey	56

RESEARCH ARTICLE

Curricula for empathy and compassion training in medical education: A systematic review

Sundip Patel¹, Alexis Pelletier-Bui¹, Stephanie Smith¹, Michael B. Roberts², Hope Kilgannon^{1,3}, Stephen Trzeciak^{3,4}, Brian W. Roberts^{1,3*} 

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Patel *et al* PLOS ONE 2019



**Harvard
Business
Review**

EMOTIONAL INTELLIGENCE

Why Some People Get Burned Out and Others Don't

by [Kandi Wiens](#) and [Annie McKee](#)

November 23, 2016



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