

# COMPASSION

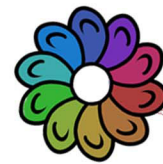
## SUPER SKILLS

WHAT IS

Compassion enables kindness and is crucial in maintaining and building social relationships and developing social awareness. Though compassion is closely linked with empathy (to feel for another), compassion is the desire to act to prevent other people's suffering when confronted by it.

It is an essential skill in achieving self awareness and self management.

*Compassionate children have higher self-esteem.*



Compassion enables loving behavior, is fundamental in building social connections, and improves relationships between children and parents. People with healthy, compassionate relationships live longer, are healthier, and are less likely to engage in risky behaviors, including substance use.

Compassion is connected with a higher level of self-esteem, well-being, and happiness. It improves stress resilience, strengthens the immune system, and may lead to a longer life. It is also linked with increased learning and improved academic performance.

Compassion is "the glue that holds the world together." It makes people help those in need and contributes to the development of humanity.

Compassionate behavior such as volunteer work benefits both the giver and the receiver. Research suggests that the act of giving can be even more rewarding than the act of receiving.

WHY COMPASSION MATTERS

### Did You Know?

Compassion for others starts with self-compassion: to avoid self criticism and treat ourselves kindly.

*Compassion is one of the Super Skills promoting Social and Emotional Learning (SEL).*



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**THE SCIENCE OF SKILLS**

Listen First, a UNODC initiative to support happy, healthy and nurturing families.

[www.unodc.org/listenfirst](http://www.unodc.org/listenfirst)



# THE SCIENCE OF SKILLS

UNODC's Listen First materials support the development of children that will grow to be happy, successful persons in their communities. Children who develop social and emotional learning and life skills can navigate the good days and challenges of life. They are also a part of an effective and evidence-based substance use prevention approach.

## SELF MANAGEMENT

Being able to regulate one's emotions.  
Do you think before acting?  
Do you set and achieve goals and plans? Do you recognize anger?

## RESPONSIBLE DECISION MAKING

The ability to make decisions about your life and others.  
Do your decisions have a positive impact on others?  
Do you use critical thinking skills to set priorities?

## STRESS MANAGEMENT

Being able to make changes to your life if you are in a stressful situation.  
Do you prevent stress by practicing self-care and relaxation?  
Do you manage your response to stressful situations when they do occur?

## SELF AWARENESS

To recognize one's emotions and behavior.  
Do you know your emotions?  
How do they influence your behavior?

Grow Your  
**Super Skills**  
AND THRIVE!

## RELATIONSHIP SKILLS

The ability to build positive relationships, especially with diverse groups.  
Do you use communication skills such as active listening, and conflict resolution?  
Do you practice empathy?



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