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Routes to Happiness II –

*Dr Trudy Meehan, Lecturer and Senior Clinical
Psychologist*

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Compassion and Empathy

Empathy

We know that empathy, which is when we feel and understand (but take no action) causes the pain centres of the brain to light up in the person doing the empathy

Compassion

We know that compassion causes the reward and affiliation centres of the brain to light up

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Homework

- Be kind to strangers (Positivity Resonance = Love)
- Loving kindness meditation
https://www.youtube.com/watch?v=LkC0K1F8nPk&list=PL6DbJmB3fDQp_vwTqepv7LDjx3UqB2Ht5&index=5
- Compassionate gestures - every time you touch a hot drink/glass of water, do a compassionate gesture
- Do the Self Compassion Questionnaire
<https://self-compassion.org/test-how-self-compassionate-you-are/>

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centre for
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and health

- Video on Compassion(Kirstin Neff)
<https://www.youtube.com/watch?v=rUMF5R7DoOA>
- Video on Love (Barbara Fredrickson)
<https://www.youtube.com/watch?v=fHoEWUTYnSo>

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Thank you

Thank you for joining us for the Science of Health and Happiness here at RCSI.

Dr Trudy Meehan

Lecturer, RCSI Centre for Positive Psychology and Health

30 March 2021