

Increase compassion & calm to support brave communication

Healthy, inclusive, collaborative workplaces require more relationship-building, more navigation of ethical decision-making and processes, and thoughtful conversations.

When you can offer yourself and others a little compassion, your relationships and conversations improve. When you're rested and grounded - it is easier to enter into complex discussions.

[Read the full blog here.](#)

FIND

Find out what practices work best to increase calm, groundedness, and compassion. (You could explore silent walks, meditation and mindfulness apps, yoga, tai chi, time outside, time off media, naps, trying different breathing techniques, breathwork*, or create rest and reflection in your day.)

TRY

Try out explicit self-compassion or metta meditations.

BUILD

Build in 5 to 10 minutes a day devoted to building a habit that increases your ability to tap into calm and compassion.

CREATE SPACE

Before entering into a brave conversation, create time in your calendar to slow down (10-30 minutes) and use a practice that allows you to slow down, increase compassion, and get into a more grounded state.

Bonus points if you try a metta meditation before your conversation.

REVISIT

After your conversation, build in 10-20 minutes to revisit a practice that supports you feeling calm in your body.

SEEK

Ensure you have a friend, colleague, coach, or therapist outside of work to call in for support before and after. (Remember that you want this person to hold you accountable to your values and not insert shame into the situation.)

*A note on breathwork. Breathwork and nervous system practices can bring on trauma responses if not trauma-informed. It can be helpful to have the support of a mental health provider while exploring these techniques.

Check out [this resource](#) for more info.