

## January Discussion Meeting

Compassionate Detachment:

**Compassion:** sympathetic concern for the sufferings or misfortunes of others

When we feel compassion: Our heart rate slows down, we secrete the “bonding hormone” oxytocin, and regions of the brain linked to empathy, caregiving, and feelings of pleasure light up, which often results in our wanting to approach and care for other people

**Detachment:** the state of being objective or aloof

This can involve an inability or an unwillingness to get involved in the emotional lives of other people. While this detachment may protect people from stress, hurt, and anxiety, it can also interfere with a person's psychological, social, and emotional well-being

**Compassionate Detachment:** Compassionate detachment is an approach that combines elements of mindfulness, empathy, and non-attachment to promote emotional well-being and healthier relationships.

It involves cultivating a sense of detachment from outcomes, while still maintaining a compassionate and empathetic attitude towards oneself and others.

[Top 10 Tips to Practice Compassionate Detachment \(ineffableliving.com\)](http://ineffableliving.com)

[Compassionate Detachment: Loving Enough to Let Go - Living In Well Being](#)