

12:12 Principle

weary

COVID has left us emotionally **bankrupt**  
and **uncertain** about the future.

On top of all this we are in the  
midst of a **crisis of compassion**

“The pandemic is a recipe for **depression** and **anxiety**. What we’re seeing is many of our common **protective** buffers against stress — like social interactions and human connection — have suddenly been removed, and people are surprised that they’re beginning to struggle because they may not have previously thought they were prone to depression or anxiety.” **Dr. Ingrid Söchting, director of the University of British Columbia Psychology Clinic, August 2020**

# Does Taking Time For Compassion Make Doctors Better At Their Jobs? L. Carol Ritchie

Can treating patients with medicine *and* compassion make a measurable difference on the **wellbeing** of both patients and doctors?

Recent studies had shown an epidemic of **burnout** among health care providers.

# Does Taking Time For Compassion Make Doctors Better At Their Jobs? L. Carol Ritchie

After considering more than 1,000 scientific abstracts and 250 research papers, Trzeciak and Mazzarelli were surprised to find that the answer was, resoundingly, yes. When health care providers take the time to make human connections that help end suffering, **patient outcomes improve and medical costs decrease**. Among other benefits, compassion reduces pain, improves healing, lowers blood pressure and helps alleviate depression and anxiety.

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Researchers at the Wharton School of the University of Pennsylvania found that when people spent time doing good for others (by writing an encouraging note to a gravely ill child), it actually **changed their perception** of time to make them feel they had more of it.

For doctors, this point is crucial. Fifty-six percent say they don't have time to be empathetic.

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"We've always heard that burnout crushes compassion. It's probably more likely that those people with low compassion, those are the ones that are predisposed to burnout," Trzeciak said. "That human connection — and specifically a **compassionate connection** — can actually build resilience and resistance to burnout."

# COMPASSION OMICS

THE REVOLUTIONARY  
SCIENTIFIC EVIDENCE  
THAT CARING  
MAKES A DIFFERENCE



STEPHEN TRZECIAK  
ANTHONY MAZZARELLI

*Foreword by SENATOR CORY BOOKER*

Compassion has vast **benefits** for patients across a wide variety of conditions.

Missed opportunities for compassion can have **devastating** health effects.

Compassion can be an **antidote** for burnout among health care providers.

Be joyful in **hope**, patient in **affliction**,  
faithful in **prayer**. **Romans 12:12**

Antidote  
for weary



Boiling over,  
excitement

Never backing in **zeal**, but keep your  
spiritual **fervour**, serving the Lord. **Vs 11**

Faithful

# Joyful in Hope, Step 1

Hope sees past the present. It is **forward** looking. It is in this posture that hope rises up within us creating joy

Hope leads us into the future

Hope **deferred** makes the heart sick  
Proverbs 13:12

# Joyful in Hope, Step 1

"I look at **joy** as an act of resistance against despair and its forces.... Joy in that regard is a work, that can become a state, that can become a way of life." **Willie James Jennings**

I am greatly encouraged; in all our troubles my **joy** knows no bounds. **2 Corinthians 7:4**

Dear brothers and sisters, when troubles of any kind come your way, consider it an **opportunity for great joy**. **James 1:2**

# Joyful in Hope, Step 1

Instead, you must worship Christ as Lord of your life. And if someone asks about your hope as a believer, always **be ready to explain it.** 1 Peter 3:15

## Patient in Affliction, Step 2

Patience recognizes the **present**. It sees the present but doesn't live in it. It takes the present in its proper context, addresses reality. The present isn't forever. Patience gives us perspective for the present

I consider that our **present** sufferings are not worth comparing with the glory that **will be** revealed in us. **Romans 8:18**

## **Patient in Affliction, Step 2**

Although most people consider patience to be a passive waiting or gentle tolerance, most of the Greek words translated “patience” in the New Testament are **active**, robust words.

and let us **run with patience**  
**(endurance)** the race that is set  
before us, **Hebrews 12:1 KJV**

Patience is connected with endurance.  
Endurance is created not stumbled upon

# Patient in Affliction, Step 2

Dear friends, don't be **surprised** at the fiery trials you are going through, as if something strange were happening to you. **1 Peter 4:12**

# Faithful in Prayer, Step 3

This part of the verse is often overlooked. It actually is the **fuel** for the previous two

Prayer is not a thing we do, but an ongoing dialogue we have with our Creator. It is in this that we stay connected, create **space** and are given much needed perspective

# Faithful in Prayer, Step 3

When I thought how to understand this, It was too painful for me—**Until** I went into the sanctuary of God **Psalm 73:16-17a**

# Putting it Together

**Hope**-Our future is in God's hands: **Faith**

**Affliction**-We will walk through hard times, but we will not be abandoned by God: **Trust**

**Faithful**-In everything, we will continue to create space for God and practice our spiritual disciplines: **Dependency/Perspective**

Hope sees the **future**, active patience acknowledges the **present** and prayer binds it all **together** and gives it to God

“ . . . it is **presumptuous** in me to wish to choose my path, because I cannot tell which path is best for me. I must leave it to the Lord, Who knows me, to lead me by the path which is best for me, so that in all things His **will** may be done.” **St. Teresa of Ávila, 1560 AD**

“I have held many things in my hands, and I have lost them all; but whatever I have placed in **God's hands**, that I still possess.” **Martin Luther**

**Let go** of 2021  
**Hold tight** to God

Now may the God of **peace**—who brought up from the dead our Lord Jesus, the great Shepherd of the sheep, and ratified an eternal covenant with his blood—may he **equip** you with all you need for doing **his will**. May he **produce** in you, through the power of Jesus Christ, every good thing that is pleasing to him. All glory to him forever and ever! **Amen** [Hebrews 13:20-21](#)

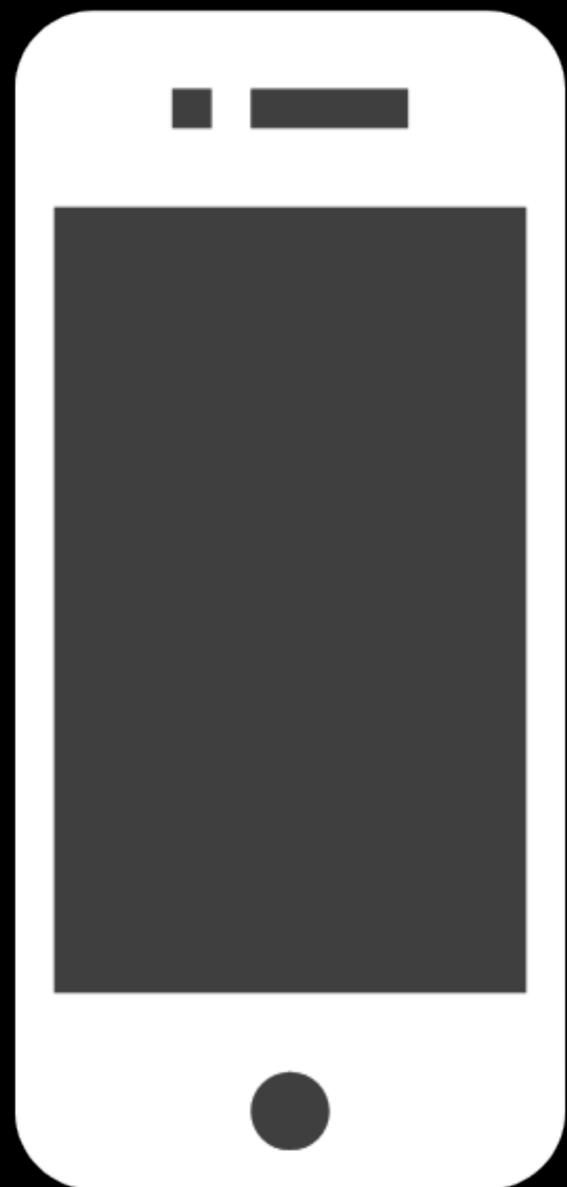
**Starts  
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12th  
and  
14th**



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