

# BEING OPEN-MINDED DOESN'T MEAN YOU HAVE A HOLE IN YOUR HEAD!

## Workshop 7



### REMINDER!

Being prejudiced is often based on incomplete information. It's like labelling someone before even getting to know them.



### Be kind to yourself!

Compassion is wanting what's best for others and being able to see the good in people. It also means accepting people the way they are.



To be open-minded, compassionate, and empathetic toward others, first you need to *be kind to yourself!*

### Strategies for being compassionate (toward others)

- Be present and listen attentively
- Try to understand emotions and needs
- Avoid making assumptions and judgments
- Describe a behaviour instead of judging it
- Be open-minded and kind to others, see their good side
- Practise gratitude (thank others for what they bring you)
- Do good deeds, help someone in need

### Strategies for being self-compassionate (with yourself)

- Talk to yourself like you would talk to your best friend
- When you're overwhelmed by negative thoughts, take a deep breath and focus on what you're feeling
- Write down what you're feeling
- Identify your needs and goals
- Practise self-care by doing things you enjoy and that make you feel good

### HORS-PISTE CHALLENGE

Think of at least one good quality and two things they have in common about a person (or a group of people) you tend to judge without really knowing them. Think about how this affects the way you act with that person.