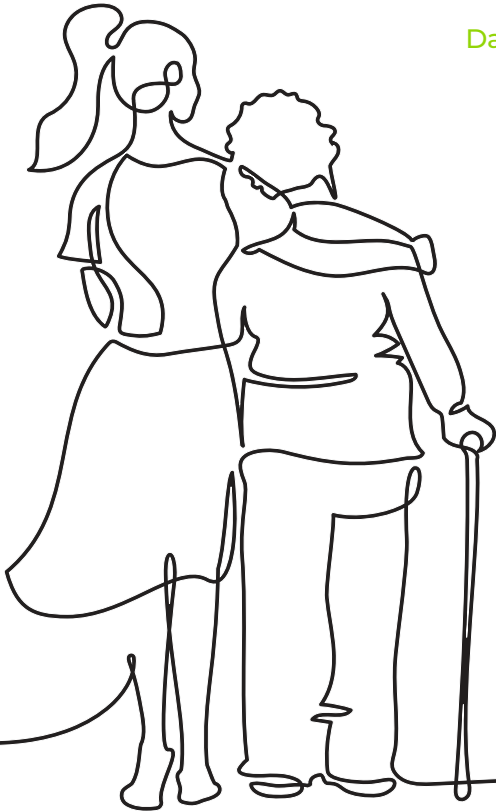


“Love and compassion are necessities, not luxuries. Without them, humanity cannot survive.”

Dalai Lama



COMPASSION IS NOT:

- > Giving people what they want
- > Sacrificing everything
- > Being constantly gentle
- > Expecting rewards
- > Liking everyone

The Twelve Pillars of Usher Group consist of 12 intentions, spread out over a period of 12 months.

JANUARY	Gratitude and Reflection Reflect on the year past and express gratitude and reflection for the future year ahead.
FEBRUARY	Love Valentine's Day 14th February
MARCH	Happiness International Day of Happiness 20th March International Womens Day 8th March
APRIL	Truth International Day for the Right to the Truth 24th March
MAY	Creativity World Creativity and Innovation Day 21st April Mother Day 2nd Sunday of May
JUNE	Awareness World Environment Day 5th June World Ocean Day 8th June Global Day of Parents 1st June International Children's Day 1st June
JULY	Forgiveness National Day of Forgiveness 7th July
AUGUST	Accountability International Day of Worlds Indigenous People 9th August World Humanitarian Day 19th August
SEPTEMBER	Generosity International Day of Charity 5th September
OCTOBER	Kindness World Kindness Day 13th November
NOVEMBER	Compassion World Compassion Day 28th November
DECEMBER	Family Holiday Season is a time of Family



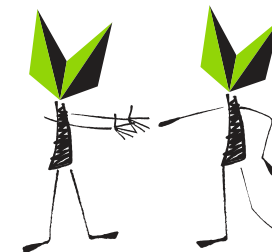
USHER | CARE
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12
PILLARS



COMPASSION



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COMPASSION

IMAGINE:

- > A world without first responders who risk their lives to help others
- > A world without selfless people
- > History without great people, like Mother Theresa, Mahatma Gandhi, Martin Luther King Jr and others

This would be a world without **COMPASSION**

HOW DO WE PRACTISE COMPASSION?

- > Become sympathetic listeners
- > Try to appreciate other's feelings
- > Become more accepting
- > Reject aggression and anger
- > By being non-judgmental
- > Offer help where/when needed
- > By not being over critical/hard on yourself
- > Practise "R U OK? day", everyday

THE BENEFITS OF COMPASSION:

- > Promotes overall health and wellbeing
- > Makes us happier in brain's "pleasure centres"
- > Uplifts mood of self and those surrounding us
- > Expands our perspective
- > Is contagious
- > Helps us out of "life-happenings" such as anxiety and depression
- > Helps our environment by communing with it rather than consuming it
- > Helps us be better connected/engaged to others
- > Makes us more attractive
- > Helps us deal with stress
- > Improves relationships
- > Gives us more time through volunteering
- > Promotes peace; internal, environmental and even world peace.

WHAT IS COMPASSION?

- > Being present in the face of suffering
- > A desire to relieve suffering
- > Offering care, sympathy and support
- > NOT being indifferent
- > Being mindful of needs self/others
- > Part of authentic living

A kind gesture can reach a wound that only compassion can heal.

