

Wee changes can make a **big difference**

Tips to be interested in other people



Recognise compassion fatigue

"The ProQOL is the most commonly used measure of the negative and positive effects of helping others who experience suffering and trauma. The ProQOL has sub-scales for compassion satisfaction, burnout and compassion fatigue." proqol.org/ProQol_Test.html If you wish to complete this look at the self-score version, it may help you recognise if you are feeling less interested in people, why this may be the case. A trap kind and caring people can find themselves in is the expectation others have of them, always to put others first. Maybe even being critical of them if they do not.

This is also a useful read if you want to know more about compassion fatigue and how to overcome it www.goodtherapy.org/for-professionals/business-management/human-resources/article/cost-of-caring-10-ways-to-prevent-compassion-fatigue

What we can learn from Geese

This is an interesting piece to read www.bkconnection.com/bkblog/jeevan-sivasubramaniam/five-teamwork-lessons-from-geese It shares how geese work together and support each other. Offering encouragement and each taking responsibility to lead. It may help you reflect on who is encouraging you if you are leading a team; and this includes family. Also, who is taking responsibility to give you a rest?



Being helpful can help be interested in others

The wee tips to "help feel more useful" on www.cope-scotland.org offer lots of ideas to find ways to be interested in other people. If the issue is for some time you have been focused on your own needs, or your own life, and now you want to make new connections with others. Then recognise for others to be interested in you, it's only fair you are interested in them. It cannot be all take either.



We alone cannot solve all the problems in the world

While it's important to think about what we can do to help be part of the solution, we alone cannot make it better. It maybe you are less interested in people as you are worn out caring. People or communities we care about may be in challenging times, we are concerned about other people and want to help e.g., concerns of someone thinking of suicide. If we alone feel we are responsible we can quickly become exhausted as the weight of responsibility can feel very heavy. Working as a team sharing the weight, helping together to keep that person safe we can do more for others and at less personal cost to ourselves, so we remain in a place where we feel confident to help others. Balance is important, it cannot be all give.



Being interested in others can take practice

For many reasons we can see the world from our point of view and not really be that interested in anyone who has a different point of view, or, who wants to talk about something we don't really care about. Becoming interested in other people means we start to pay attention to who they are, what they do, what matters to them, even if it doesn't matter to us. If we want to talk about something we care about, we expect someone to listen and not yawn or look at their watch, or interrupt or walk away. So, thinking about becoming more interested in others, we think what we value which shows someone is interested in us.

Barriers to being interested in other people

There are sometimes reasons why we are not interested in others which lies beyond our control e.g., someone with Asperger's may find it difficult to be interested in another person. This link maybe helpful www.autism.org.uk/about/communication/social-isolation.aspx These tips are for general wellbeing and do not replace professional advice, where that may be indicated e.g., depression can affect interest in others.

Be curious

Being curious about other people naturally leads us to being interested as we want to find out more about them, or why they are doing something, or what they think about something. Now there will always be people who don't really want to talk about anything apart from themselves, so if you show an interest in them, it doesn't necessarily hold they will reciprocate. However, other people you may find now you have been interested in them; they are now interested in you.

Don't be too hard on yourself

It could be you have an extensive social life, a lot going on and just don't have time to cultivate new friendships or relationships, it may be being interested in other people isn't a priority for you. We are all different and connect with life and others in different ways. These tips are for people who want to be interested in others or widen their connections. Not everyone is drawn to everyone so don't feel you need to be the kind of person who everyone likes and who knows everything about everyone.



The art of conversation

Sometimes we don't find we are interested in others as we don't know how to start the conversation, we don't want to just talk about the weather, or, how their weekend was as that feels kind of superficial and pleasantry, nothing more. Conversation is called an Art as it can take practice. This link takes you to some tips around kinder conversations www.cope-scotland.org/index.php/latest-blog/changing-the-world-one-kind-compassionate-conversation-at-a-time-1 which may be helpful as well as a link on the Art of Conversation www.cope-scotland.org/index.php/latest-blog/the-art-of-conversation. Remember though, you may find it easier chatting to people you have things in common with so perhaps if you want to be more interested in people, start to seek out activities which interest you, then you have something in common, so conversation becomes easier.