

Topic: Empathy

Breathe

Today's moment of mindfulness is focused on having compassion. This will make your heart smile...



Learn

Empathy is a learned emotion. We are able to grow our skills to better empathize with others.

In the video below, Dr. Brené Brown reminds us that we can only create a genuine empathic connection if we are brave enough to really get in touch with our own fragilities.



Move

With empathy we “walk a mile in another’s shoes”, so for today’s exercise, let’s walk a mile together (but wear your own shoes). Here we go...



Grow

For a family discussion, what is the difference in the statement below:

Sympathy = "I see your pain". Empathy = "I feel your pain"

What are some examples from recent experiences for each family member?

Learn more by clicking below...

