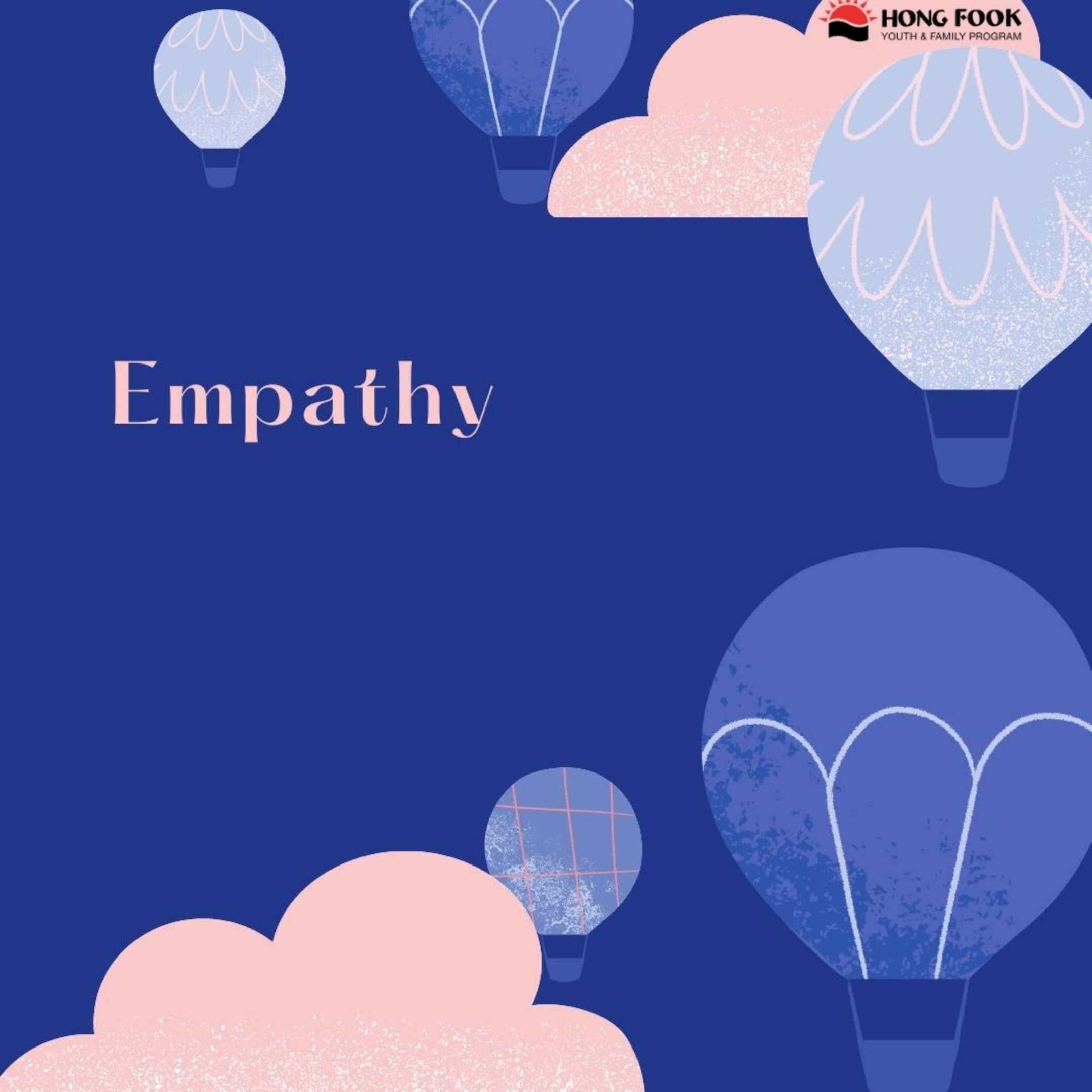


Empathy





Have you ever placed yourself in someone else's shoes to get a sense of what they are feeling or going through?

Empathy is the ability to understand and recognize the feelings of others and connect to them emotionally.

Empathy involves compassion, seeing things from someone else's perspective, and being concerned for their well-being.

By imagining yourself in their shoes, you may begin to feel what they feel.





Being empathic may not always be easy. It can be difficult to understand emotions themselves, relate to someone's difficult situation, or handle someone else's burdens.

Sometimes, we may feel tempted to turn away from other people's suffering for our own well-being.

So why is empathy so important?

Empathy allows us to connect with others on a deeper level and build stronger relationships.

As social creatures, positive and nurturing relationships are beneficial to our health and psychological well-being.

Empathy can also teach us a lot about our own emotions; it can help us understand why we have these emotions, when we feel them, and how we respond to certain life events.

In turn, this allows us to help others experiencing similar obstacles.

Empathy also teaches us that we are not alone; many people experience hardships, and many others feel what we feel.



The COVID-19 pandemic has been difficult. Many people have lost their jobs, struggle in school, struggle with their mental health, and some have lost loved ones.

This is the best time to be empathic and exercise compassion, kindness, and patience.

You never know what someone may be struggling with. An act of kindness and compassion can make all the difference.

