

# 8 WAYS TO PRACTICE EMPATHY

Empathy is a superpower. It allows us to connect with others on a deeper level and to build stronger relationships. It also makes us more creative and innovative.

## 1. BE MINDFUL

Start your journey by having empathy for yourself. Mindfulness helps us to accept our own thoughts and feelings without judgement.

## 2. WALK IN THEIR SHOES

Empathy is the capacity to understand someone else's suffering. By putting yourself in their shoes, you can help them to pave the way forward.

## 3. SEEK POSITIVE EXAMPLES

Many of us have plenty of opinions but not a lot of empathy. Look to people who truly care about others and aim to follow their example.

## 4. BE GRATEFUL

By embracing gratitude, you become more attuned to the positive qualities of those around you and boost your ability to empathise with their experiences.

## 5. BE AN ACTIVE LISTENER

It's harder to listen to people than to watch a video that reinforces your own beliefs. Sharpen your listening skills and seek to understand, not just hear.

## 6. EMBRACE DIVERSE PERSPECTIVES

Engage with individuals from various backgrounds, cultures and life experiences. Having insight into different world views will expand your empathy.

## 7. PRACTICE ACTS OF KINDNESS

Infuse your daily life with intentional acts of kindness. Volunteer, lend a helping hand and cultivate a sense of joy from serving others.

## 8. GO OFF GRID

Empathy develops and expands through face-to-face interactions. Engage with people in person instead of on-screen, where intentions can be misinterpreted.