



# WORKSHEET 1



## EMPATHY FEELING SPENT? SPEND KINDNESS ON OTHERS



At some point in your day, especially when you're stressed or feel like you don't have any spare bandwidth, spend in some small way - whether it's in time, energy or money - on someone in your life.

Send a text message of support to someone who's having a hard time. When you're running errands, pick up your partner's favorite coffee. Carry an older neighbor's groceries upstairs.

"Building empathy isn't necessarily about donating half of your salary to charity. It's about the little things that we do each day, it's about "habits of mind."

In an attempt to conserve energy for ourselves, we tend to turn inwards when under pressure. While it may seem counterintuitive, performing these tiny acts — especially at moments when we feel like we can't — can be energizing and enlivening.

**"PEOPLE ARE HAPPILY SURPRISED TO FIND THAT WHEN THEY GIVE TO OTHERS, THEY DON'T END UP DEPLETING THEMSELVES"**