

# RESILIENCY

## Resiliency In The Moment: Empathy



“Empathy is about finding echoes of another person in yourself.”

- Mohsin Hamid

## Choose to respond with empathy.

1. Recognize others’ perspective as their reality.
2. Stay out of judgement. (This one is hard)
3. Recognize the emotion the other person is feeling.
4. Communicate that emotion to the other person.

There seems to be no end to what divides us today. Rather than taking a win lose approach, try starting with empathy. Only when we can feel with others do we gain a better understanding of each others reality.

Need more help? EAP – (314) 747-7490 24-hour, virtual hotline available  
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