



Empathy is what connects us. It's what allows us to see the humanity in the people around us, and gives context to their emotions. And yet so many people who are so eager to extend empathy to their loved ones still struggle to feel that same love and empathy for themselves. If that sounds like you, that's okay! A lot of people struggle to be as kind to themselves as they are to others. But you shouldn't have to struggle through it alone, and you may benefit from learning small and simple ways to show yourself empathy.

Here are a few ideas to be more empathetic towards yourself:

- **Spend time doing something you love to recharge.** It's easy to push aside the things that you like to do when it feels like there are more things that you *have* to do. But you'll feel recharged and more ready to tackle the day if you spent some time devoted to just feeling good.
- **Connect with loved ones (especially over the phone or video chat).** Being unable to see friends and loved ones as much as last year is really hard, and it feels like there's not that much to talk about when you're spending most of your time at home. But even a quick 10-minute call can boost your mood and make you feel more connected.
- **Listen to what your body needs, and respect that need.** Maybe you need an extra snack, extra sleep - or a nap - to make it through the day. Or you might just be itching to move, and need to take a walk or do some yoga. Our bodies are adapting to the new routines we've taken up this year, so don't try to stick to the same thing you were doing last year.

Here are a few ideas to spread empathy in your community:

- **Check in on those you haven't heard from in a while—even your “happy” friends.** Everyone expresses their experiences and emotions differently. Someone who may seem happy on social media may really be struggling. So remember to check in on all your friends, regardless of how they “seem.”
- **If you see someone who is suffering, and you want to get them support from someone with training, tell them to text EMPATHY to 741741 and they'll be connected to a Crisis Counselor, any time, 24/7.** Sometimes, you won't be able to help your friends or family just by being there to listen and support them, and that's okay. Crisis Text Line is there to help, with Crisis Counselors available, any time.

Here are a few ideas to communicate with empathy online:

- **Communicate with intention.** When communicating online, it may feel okay to communicate unkindly behind the safety of your screen. Before you share anything online, take a second to think critically about what you really want to say and how you want to say it. Kindness always wins.
- **Set boundaries for yourself so you can fill up your cup first.** Fill up your feed with accounts that bring you joy. Your feed is *your* feed. So, it should work for you. Certainly stay informed, but set some clear guidelines about which accounts you follow and why. If it's not bringing value to your life, no need to keep it in your digital life!
- **Engage in hard conversations in the right place.** Not all conversations are meant for the public on the internet. If you need to have a hard conversation with someone, it might be more productive to invite them to have a one-on-one conversation with them in private instead of in public on the internet for everyone to see.

HERSHEY 

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CRISIS TEXT LINE |