



Building Resiliency and Empowerment through Self-care

True empathy requires that you step outside your own emotions to view things entirely from the perspective of the other person.

MINDFUL MINUTE EXERCISES

Quick and easy practices.

Empathy Activity: Pass the Ball

This is a fun exercise to do one-on-one or sitting in a ring with a group of kids.

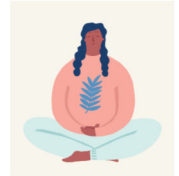
- Roll a ball back and forth to each person in the group. When the ball is rolled to one person, the person rolling says something nice to the person they rolled it to. Remind those playing to **listen** and pay attention to how it makes them feel inside.
- The person receiving the ball then says something nice back to the person who rolled them the ball. Remind them to pay attention to how it makes them feel inside **saying it**.
- Do a few rounds of this and discuss what kind of feelings you felt and if you were able to feel them somewhere in your bodies.



Empathy a skill that can be practiced, strengthened and expanded. [READ More...](#)

SELF-CARE RESOURCES

Self-Care Tips for Empathetic People



There's so much going on in the world now it seems - so many devastating events that affect us even if we are not directly affected. As an empath, I often find myself experiencing heightened emotions and feelings in response to these events, compared to many of my peers. [READ](#)

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GOOD READS

The Power of Empathy (and One Surefire Way to Know If You're Missing It)

Our brains are wired to get away from pain. One of the ways we do that in a relationship is try to lighten the moment. But should we? [READ](#)

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