Empathy and compassion are two words that are surfacing since COVID-19 has disrupted our lives. As the outside world becomes more challenging, it's important to draw on our inner strengths and qualities to respond and recover from this crisis. Empathy allows us to tap into the emotions others are feeling. It also creates a sense of connection and strengthens helping behaviors. Through acts of compassion, we make others feel that we genuinely care and understand, creating a positive experience and hope. It is important to practice empathy and compassion during this time, and connecting with others in a meaningful way improves our own well-being. No act is too simple, no moment too small, to bring comfort and healing.

Tips to practice empathy and compassion:

**Listen attentively.**

Truly listen by connecting with a friend or an elderly neighbor to ask how they are doing and understand what their needs are. Social experiences lower levels of anxiety and strengthen your immune system.

**Stand in someone else’s shoes.**

If you put yourself in another person’s place — consider what they hear, what they see and what they feel — would you treat the person differently?

**Practice presence.**

Put down your phone and be in the moment when you engage with others. Can you read between the lines? Try a kindness meditation, which has been shown to enhance compassion toward others.

We can’t heal the world today, but we can begin with a voice of compassion, a heart of love, an act of kindness.

- Mary Davis

Join Us This Week

**Ask the Expert with Cynda Hylton Rushton Fostering Empathy and Compassion**

Every Thursday from Noon–12:30 p.m.  
https://jhjhm.zoom.us/j/96626485027  
Phone: 301-715-8592  
Meeting ID: 966 2648 5027  
Password: 229028

**Let’s Connect on Well-being**

Every Tuesday from Noon–12:30 p.m.  
https://bit.ly/3e6DhNo  
Phone: +1 404-410-4502  
Access Code: 475-370-896

Visit the Healthy at Hopkins portal (via my.jh.edu, and select the Healthy at Hopkins logo).  
Click here for resources from the Office of Well-being webpage