

- When someone is struggling with their mental health, our gut reaction might be to want to fix it.
- When we jump in to solve things, we might be missing what they really need, which is to know they're not alone.
- Empathy includes recognizing others' perspective as truth, being non-judgmental, understanding 7 Tc ()oa9(()oa0 Td-jn1 i)-8/AW9 0 Td()Tj0.Jaud-tha1gacktothem communicate

What is empathy and what are the benefits?

2. Empathy, or the ability to understand another's perspective and share their

•

