



HOW TO DEVELOP EMPATHY







SOCIAL-AWARENESS

CONCEPT

Empathy is the ability of being capable to understand other feelings, emotions and thoughts. It's when we take others perspective.

STRATEGIES

To develop empathy you need to:

-  Be attentive to others
-  Show understanding and acceptance by nonverbal behaviors
-  Reflect back the person's most important thoughts and feelings
-  Listen carefully and do not interrupt, offer advice, or give suggestions
-  Remain neutral
-  Ask open-ended questions



POSITIVE RELATIONSHIPS

FAMILY

TIPS TO BUILT A GOOD RELATION

Family relationships are important for well-being across the life course (Merz, et al., 2009; Umberson, et al., 2010). Relationships with family members provide resources that can help us cope with stress, engage in healthier behaviors, and enhance self-esteem, leading to higher well-being.



4 TIPS FOR A BETTER RELATIONSHIP WITH YOUR PARENTS/FAMILY:



Take some time to communicate, and don't close yourself off

Use your best listening skills



Be assured that over time your parents and other family members will accept your ability to make your own decisions

Stay active in family relationships

