

Weekly Wisdom

Grow the Green for You and Your Team



"Empathy is connecting to the emotion another person is experiencing; it doesn't require that we have experienced the same situation." --Brene Brown

The Power of Empathy

Responding with empathy to another's pain or stress shows them they're not alone in their struggle.

Practice these attributes of empathy to offer connection and understanding to someone exhibiting signs of stress injury:

- Be curious, but stay out of judgement.
- Actively listen. You don't need to fix it or make people feel better.
- Let them know you're glad they shared.

Have an idea for a Weekly Wisdom topic? [Submit your idea here!](#)