

NEWSLETTER ARTICLE
EMPATHY AND RESILIENCE

Compassion and empathy are two characteristics that are important in developing high quality relationships. Together, compassion and empathy are qualities that allow us to recognise verbal cues and feelings expressed through body language, as well as have awareness of and sympathy for the situation or emotions of another person.

EMPATHY

-the power of understanding and imaginatively entering into another person's feelings

-identification with and understanding of another's situation, feelings, and motives.



**HOW DOES
PROMOTE**

People who have empathy are able to communicate with and listen more to the people they share relationships with. Stronger relationships allow people to successfully express their own needs and wants whilst remaining considerate of other people, and having the ability to put aside their own concerns at times. This means that people who are able to have empathy will also benefit from high self-esteem, reduced loneliness, and a strong sense of who they are, and in doing so become more resilient. Someone who is resilient is able to overcome negative emotional and physical outcomes that may arise from situations of conflict or hardship.

**EMPATHY
RESILIENCE?**

If you would like more information on empathy and resilience try these website:

- Empathy and compassion at the MentalHelp.net website - http://www.mentalhelp.net/poc/view_doc.php?type=doc&id=5796
- Empathy promotes emotional resilience, from the Psychology Today website - <http://www.psychologytoday.com/blog/promoting-empathy-your-teen/201005/empathy-promotes-emotional-resiliency>

Picture from:

<http://bridge-outsourcing.com/wp-content/uploads/2012/06/empathy.png>