



# CONNECTION, EMPATHY AND COMPASSION



People need connection to thrive physically, emotionally, spiritually and intellectually. Your relationships shape your biology as well as your experiences. Connection is so important, in fact, that The Wellness Council of America (WELCOA) has named 2020 the [Year of Social Connection](#) and has reinforced that during this time of [COVID-19 and social isolation](#).

## Social Connection

The research shows time and time again that humankind requires connection. Your well-being depends on it. The single most influential predictor of human happiness is the quality of a person's relationships, even above money. Here are some simple steps to improve connection:

- » Listen as much as you share
- » Express appreciation and gratitude
- » Invest in the development of others
- » Explain your reasoning
- » Respect your own and others' struggles related to change
- » Ask for others' opinions

## Empathy

Empathy is the ability to relate to another person's feelings. Compassion is a feeling of concern for someone else's misfortune. As the challenges of this circumstance continue, even as they come to an end, our co-workers, family members, and neighbors will thrive if we can all leverage empathy and compassion.

When responding to other people's misfortune, discomfort, or pain avoid statements that begin with "at least." Lean into statements that acknowledge others challenges such as, "That does sound very difficult."

## Compassion

Being of service to others in the wake of this crisis will require empathy, which will, in turn, drive your compassion. Being more compassionate will help inspire you to do what you can, when you can to make the world a better, brighter place.

Being a part of a wholesome community begins with your ability to access and spread empathy and compassion. Hopefully this resource gives you some quick tips to help you lean into empathy, fuel your compassion, and improve your connections.