

# What can you do now to refresh your empathy superpower?



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Begin the day with gratitude. Offer it and receive it.

Let go of what you cannot control.

Take quiet moments throughout the day to center yourself.

Be kind and accepting of yourself.

As you encounter situations with others, see the person behind the colleague or learner. If you are in a leadership role, pay attention to the person behind your teammate.

Show interest in others by asking them questions, allowing them to share thoughts and feelings.

Seek out and participate in trainings on the topic of empathy and communication.

Begin an empathy team, club, or committee: Create a SHINE committee and elect a team SHINE leader.

Add an "empathy topic" or "quote of the day" to a whiteboard in the break room or your home office.

If you are an educator, preceptor, or mentor, learn about and develop experiential learning experiences for your learners.

- Facilitate a mindful moment before the start of each day.
- Model self-care and empathy behaviors and encourage them in your preceptees.