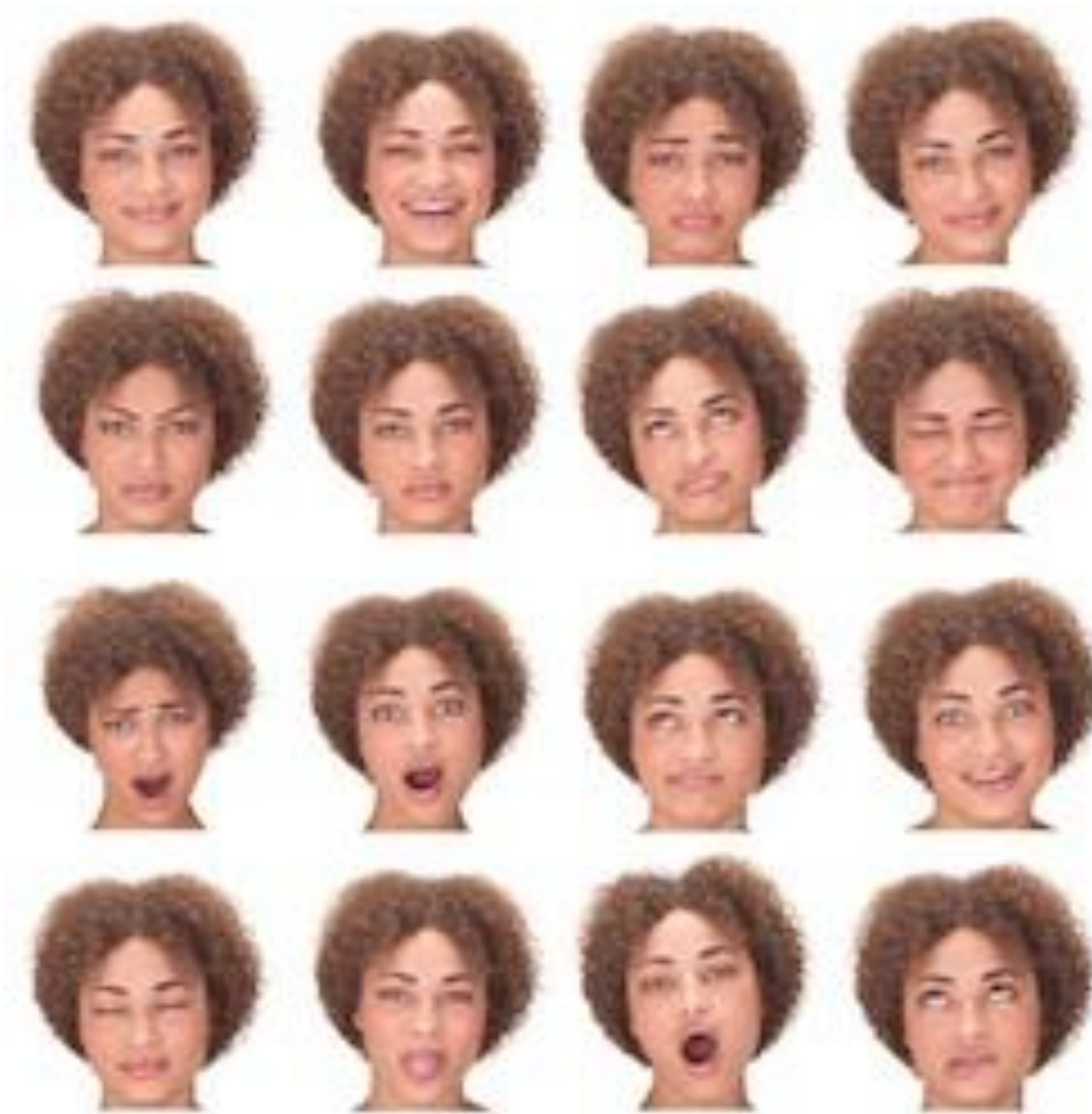


Empathizing with others helps you learn to regulate your own emotions. Emotional regulation is important in that it allows you to manage what you are feeling, even in times of great stress, without becoming overwhelmed. **Empathy** promotes helping behaviors.

Learn to read emotions.



CULTIVATE THESE HABITS

1. Cultivate curiosity about strangers
2. Challenge prejudices and discover commonalities
3. Try another person's life: walk in another person's sneakers before you criticize them.
4. Listen hard and open up.
5. Inspire action and social change
6. Develop an ambitious imagination