

# Choose Love to Thrive

Daily Action Steps For Conquering Adversity

## CHOOSING LOVE TODAY: REACH OUT



*Are you feeling unsure about what you CAN do? Reach out! Say Hello, Ask what can I do to help?*

It is important to pause and infuse compassion for others into our days. We can infuse this compassion through empathy. Empathy is when you put yourself in someone else's position and think about how they are feeling. Without empathy, we live in a world full of judgment, hate, and disregard for others feelings. When we practice empathy, we are practicing compassion in action. Empathy can be shown by recognizing someone's pain, validating their struggle, and listening intently and supportively. When you show someone empathy you are choosing love today.

You may be focusing on all the things you CAN'T do, or that feel difficult. However, there are things we CAN do no matter what the current situation is. We can show the individuals in our life that we care about them by simply checking in. When we set aside time, and take actions with intent we are more likely to follow through. Follow today's steps to check in on loved ones who may be struggling.

### Practice Compassion Today:



1. SET ASIDE SOME INTENTIONAL TIME DURING THE DAY WHEN YOU CAN BE IN A QUIET LOCATION AND BE UNINTERRUPTED.
2. THINK ABOUT SOME LOVED ONES YOU WOULD LIKE TO REACH OUT TO.
3. DECIDE WHAT IS THE BEST METHOD OF COMMUNICATION. (EX.TEXT, EMAIL, MAIL, PHONE CALL, VIDEO CHAT ETC.)
4. LISTEN. LISTEN. LISTEN. HEAR YOUR LOVED ONE'S CONCERNS, WITNESS WHAT THEY ARE TELLING YOU.
5. PROVIDE LOVING COMPASSION BY SUPPORTING YOUR LOVED ONE IN A WAY THAT IS BEST FOR THEM.



### Parent Practice Tip:

Talk through with your child(ren) why we reach out and the importance of showing care and concern for those we love. Ask them if there is anyone they want to reach out and take that step together. If your child is confused about current events and why friends and family might be feeling sad or could use support utilize the resources below.

### To Learn More:

[What is Compassion in Action?](#)

[Books To Help Explain Current Events](#)

[How to Build Empathy in Children](#)

[www.ChooseLoveToThrive.org](http://www.ChooseLoveToThrive.org)