

ChooSELoveToThrive

Daily Action Steps For Conquering Adversity

CHOOSING LOVE TODAY #8: REACH OUT TO A FRIEND



When we are compassionate, we are deliberately showing how much we care about an individual. Our level of compassion communicates their importance to us, whether they are a friend, family member, or stranger. Giving a friendly smile can be just the thing a person needs to brighten up their day.

Compassion can be displayed in various ways. You can practice compassion by giving someone a hug, asking them about their day, or by simply making them laugh. Many compassionate acts may seem minor to the one delivering them, but for the receiver it can be a great gift. Let's practice compassion today by reaching out to someone special.

Practice Compassion Today:



1. THINK OF A FRIEND THAT YOU HAVEN'T SPOKEN TO IN A WHILE.
2. CALL THEM AND ASK "HOW ARE YOU DOING?"
3. ENGAGE IN ACTIVE LISTENING - LISTEN TO UNDERSTAND AND NOT TO RESPOND.
4. CONTINUE THE CONVERSATION BY SHARING WHAT'S NEW IN YOUR LIFE.
5. AT THE END OF THE CONVERSATION SET UP ANOTHER TIME TO CHAT.

Parent Practice Tip:

Keep your communication pathways with friends and family open during this time of disconnect. Talk with your child about how it makes you feel when a friend reaches out to you.

To Learn More:

COMPASSION IN ACTION
HEALTHY COMPASSIONATE TOUCH

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