



## 8 Dimensions of Wellness

# SPIRITUAL



WEEK 2 - DAY 2

## WORKSITE WELLNESS

### Empathy



*Empathy is the opposite of sympathy. Empathy is when you try to understand another person's feelings, and situations from their perspective. Sympathy is when you just "feel sorry" for someone's feelings or situation. Empathy requires opening yourself up to feelings that are often uncomfortable. Empathy forces human beings to grow, to work toward becoming their "better angel".*

Opening your heart, feeling empathy, and helping others are important aspects of spirituality.

*"It is an absolute human certainty that no one can know his own beauty or perceive a sense of his own worth until it has been reflected back to him in the mirror of another loving, caring human being."  
John Joseph Powell*



**You** **Tube**

For a video on empathy click [HERE](#)

Presented by:  
**The Partnership**  
for a Healthier Carroll County



EMOTIONAL



SPIRITUAL



INTELLECTUAL



PHYSICAL



ENVIRONMENTAL



FINANCIAL



OCCUPATIONAL



SOCIAL