

OFF

TRAIL

Be kind to yourself

To **cultivate** your **empathy** and **compassion** for others, you can:

Avoid making assumptions or expressing prejudice

Take an interest in truly getting to know the other person

Describe behaviour and facts without judgment

Put yourself in the other person's shoes; understand their emotions and needs

Be open-minded, attentive, understanding and respectful



Appreciate the similarities that bring you together

Be generous, do good deeds and help others

Think of difference as a positive asset

The **prejudices** and **labels** we put on others **leave a mark...**
it's better to **be kind!**

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