

## Wellbeing - The Resilience Project (Part 3)

Dear parents & carers,

This next presentation from [The Resilience Project](#) is all about Empathy and Kindness.

**Empathy is our ability to put ourselves in the shoes of others to feel and see what they do. We practice this through being kind and compassionate towards other people.**

Brain imaging data shows that being kind to others registers in the brain as more like eating chocolate than like fulfilling an obligation to do what's right (e.g., eating brussel sprouts)! Research shows that practicing empathy, such as performing acts of kindness, taps into our brain's 'mirror neurons', builds compassion and our behaviour becomes more social and community-based.

**View Part 3 of the series here:**

**Part 3 - Empathy:** <https://theresilienceproject.com.au/2023-parent-carer-hub-inspire-hugh/>

Here's an activity to practise empathy and kindness:

1. Reflect on someone in your life who could benefit from an act of kindness today. It could be a friend who would love some affirmation about their work, your pet who deserves an extra treat, or a family member who would love a phone call or text message.
2. Make a plan for who you are going to give an act of kindness to, and what you are going to do.
3. If you want to add accountability to your plan, share it with someone else and encourage them to do the same thing.
4. Follow up with each other in a few days time, to ask how it went!

Sources: [Psychology Today](#), [UC Berkeley](#), [Greater Good Science](#)

For mental health resources and support information, visit [The Resilience Project's Support Page](#).

Kind regards,  
Jarod Bacon  
Principal