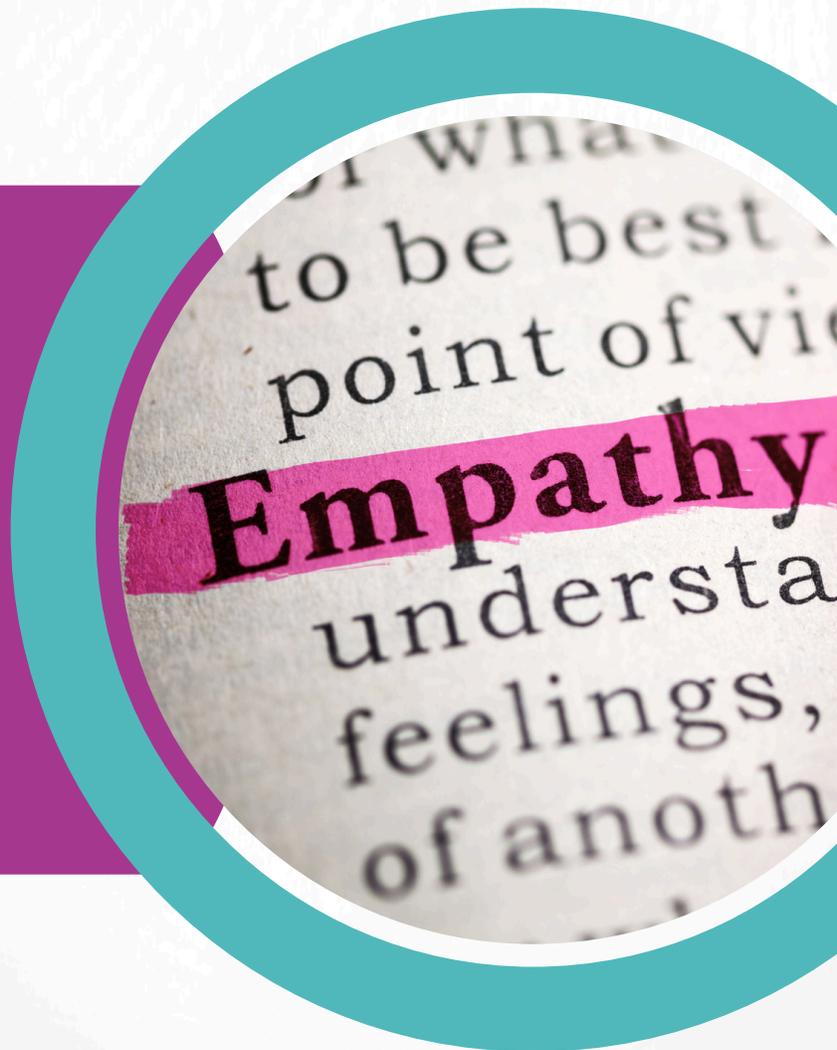


CULTIVATING EMPATHY & VULNERABILITY

Exploring how we can engage in authentic connections through empathy and vulnerability in the journey to reduce stigma around mental health.



MICRO LEARNING

TAKE 30 MINUTES TO WATCH THESE TWO SHORT VIDEOS BY DR. BRENE BROWN:



WHAT IS EMPATHY?

[Dr. Brene Brown on Empathy.](#)



THE COURAGE OF VULNERABILITY

[The Power of Vulnerability.](#)

REFLECTION QUESTIONS

- What is the difference between empathy and sympathy?
- How can we engage in perspective taking, staying out of judgement, recognizing emotion, and communicating
- How does it feel when we are engaging in vulnerable conversations?

HAVING COURAGOUS AND EMPATHIC CONVERSATIONS

- Using the learnings from empathy and vulnerability, pair up with someone from the MH&W Board or the GirlUp community to have an empathic and Vulnerable conversation about Mental Health.
- Work to create psychological safety with one another by asking what each person needs to feel safe in the conversation and honoring these needs.
- Notice how you feel before, during, and after the conversation.