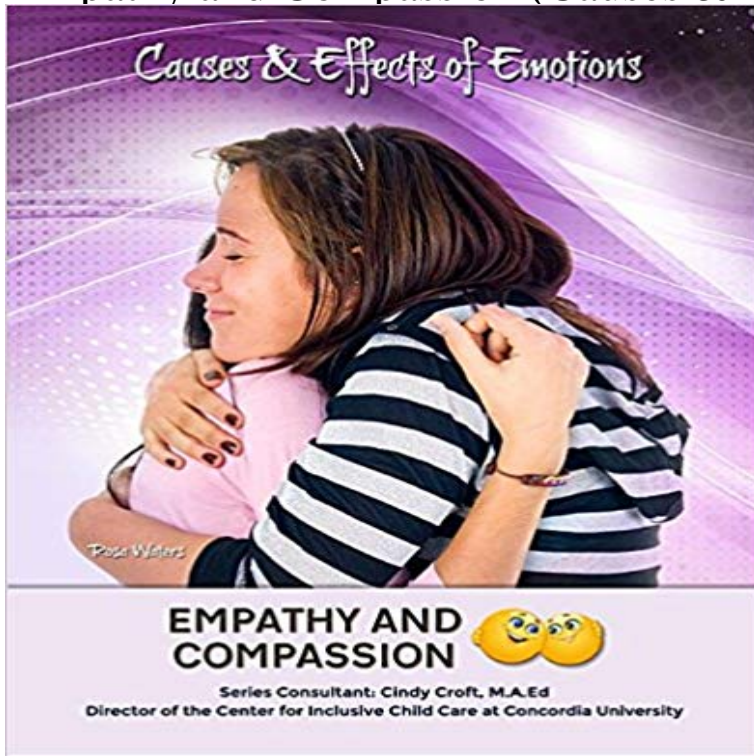


## Empathy and Compassion (Causes & Effects of Emotions)



Become a more compassionate person and make the world a better place. Empathy is the ability to sense other people's emotions. People with empathy are able to imagine what someone else might be thinking or feeling. They recognize and understand another's suffering. People who are compassionate, go a step further: they take action. Compassion changes the world. And it can change you as well. When you reach out to others, you not only help them; you also increase your own well-being. Researchers have found that connecting with others in a meaningful way makes you healthier, both mentally and physically. Compassion may even make you live longer. Discover ways to build your empathy and compassion!

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