



**THE PREVENTION POST**

from Centennial Mental Health Center's Prevention Team

*This Holiday Season*

GIVE THE GIFT OF

*Empathy*

*Your Brain Will Be Glad You Did..*

Oxytocin is typically linked to warm, fuzzy feelings and shown in some research to **Lower Stress and Anxiety**



Oxytocin has the power to **Regulate our Emotional Responses and Pro-Social Behaviors**, including trust, empathy, positive memories, processing of bonding cues, and positive communication.



Oxytocin is released through **Hugging, Kissing, Cuddling, Intimacy, and Empathizing** (& other sensory activators)



*Empathizing is not easy, it takes a lot of energy to practice enough self-awareness to be fully there for others without letting our own traumas engage*



APPROACH INTERACTIONS WITH CURIOSITY AND LISTEN WITH FULL ATTENTION EVEN IN DISAGREEMENT - BRING UNCOMFORTABILITY CLOSER

ALLOW THOSE AROUND YOU THE OPPORTUNITY TO CHANGE AND RESIST PERPETUATING CYCLES OR BEHAVIORS FOR OTHERS

You know what they say about assumptions ...



EXPLORE DEFENSIVENESS THAT COMES UP FOR YOU IN DIFFICULT CONVERSATIONS- WHAT AM I FEELING? WHY AM I FEELING IT? WHAT NEEDS TO HAPPEN TO ADDRESS IT (IF IT NEEDS TO BE ADDRESSED)?



HOLD YOURSELF ACCOUNTABLE - WHAT CAN I BE SAYING/DOING BETTER ON MY END?



Do you have the need to "walk in  
someone else's shoes?"

try out these empathy-building games..

playspent



parable polygons

