

Insert video: <https://www.youtube.com/watch?v=vAJ6jDoePyY> [length 2'10"]



Transcription

There's a lot of anger and aggression swirling around the world these days. Whether it's in politics, race, religion, people tend to build walls to block out anyone they disagree with. Then they launch grenades over those laws hoping the other side will either give in or go away, but that never solves anything. We should be tearing down these divides to enable conversations that lead to greater understanding, compromise, and real progress.

Somehow, we must come to understand that no one perspective is *the* perspective.

When we strive to see through the eyes of others, especially those we disagree with we drive out hatred and bring in compassion. This is referred to as empathy and it's something our world is sorely lacking. This empathy deficit doesn't bode well for our collective health and wellbeing, because a world without empathy breeds feelings of isolation, depression, and resentment, which only increases conflict.

So, what can we do? Well, maybe we can't change the world, but we can change how we see the world. Here a few things to try.

One, just be curious. It might be hard at first, but try talking with people outside your usual circles, so you can encounter perspectives different from your own.

Two, when do you approach new people challenge any preconceptions you may have by searching for things you have in common rather than only identifying what divides you; behind every label, is a person.

Three, simply try smiling more. You'll find it to be contagious and it can even make you appear more approachable, leading to more socialization and feelings of connectedness.

Four, most importantly pass it on. Model empathy by helping kids to be more considerate of other people's thoughts and feelings; compassion breeds compassion.