# Being Kind: Practising Empathy In The Fight Against COVID!

Unprecedented situations demand us to react with unexpected courage and fortitude. As we fight a ferocious rise of the second wave of COVID, your empathy, consideration, and kindness can go a long way in supporting you and those around you in this fight.

Reach Out

Check–in with a colleague or a friend who is isolating. A short text also helps!
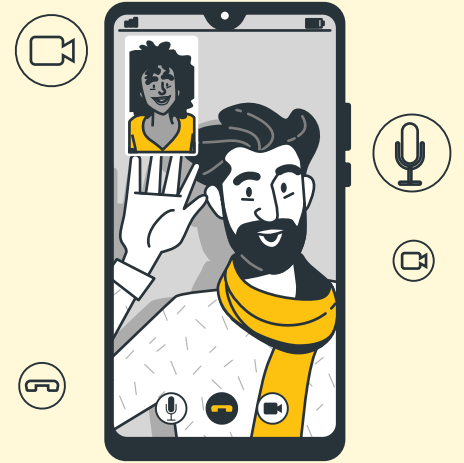
Be Flexible

Perhaps a colleague has sickness in the family, or maybe they are still recovering; accommodate them to help them deal with their challenges better.

Spread Positivity

Send a motivational message to someone who needs it. Bring some cheer to those around you with messages of hope and laughter.

Be Kind

Run an errand for an elderly neighbour, or offer to buy groceries for an isolating colleague. A simple deed can be very rewarding

Practice Self-Compassion:

Be kind to yourself, this is a hard time for everyone. Remind yourself that you're doing the best you can.