



# Mental Health Week – May 2 to 8

“I can relate.”

It's a familiar expression and one you've likely used countless times throughout the pandemic, whenever someone is sick, stressed, feeling lonely or overwhelmed. You say it without having to think, “I get it, I've been there or I can relate.”

However, hiding in these simple phrases is a sophisticated skill you may not realize you possess. Psychologists and researchers call it empathy, and it's not just for therapists or counsellors. Empathy is the ability to share someone else's feelings or experiences by imagining what it would be like to be in their situation. It's a simple concept, but it may be the very thing we need most.

As human beings, we share an ability to imagine what life is like for someone else. We are able to see the world as others see it. We are able to look through someone else's eyes.

The pandemic has caused us to all have some heavy feelings, but those feelings may lighten when they're translated into words. When times are tough, we need to be there for each other. Remember, when someone is struggling, they don't always need someone to swoop in and fix things for them. First, they need to feel seen and heard.

It's important to be there for each other when times are hard and be ready to listen. You don't have to agree to understand, and you don't have to fix it to help.

If empathy doesn't come easily to you, the good news is that it can be learned and practiced. Empathy can help us know ourselves and our own feelings. Whether it's within our homes, work or our communities, empathy can help us lead, communicate, support and connect with others.

Learn more or brush up on you empathy skills by checking out the resources below:

- [Brené Brown on Empathy – YouTube Short](#)
- [The Art of Listening in 6 Simple Steps](#)
- [Empathy: A Skill You Can Learn](#)
- [Empathy: The Key to Peer Support](#)
- [Listening to Understand, Not to Judge](#)

Find more mental health resources on The Wire [here](#).

Please remember that you're not alone. Reach out to family, friends, co-workers, your supervisor or any leaders within the organization as we are here to help. You can also speak to our EFAP provider.

Access your EFAP 24/7 by phone, web or mobile app:

## Canada:

- Call 1-877-847-4525
- Email [support@resourcesforyourlife.com](mailto:support@resourcesforyourlife.com)
- Visit <http://ca.resourcesforyourlife.com>  
COMPANY CODE: BMWWeCare
- Download the 'ICONNECT YOU' app from the App Store or Google Play  
PASSCODE: 149301

## United States:

- Call 1-800-466-8282
- Access Code 8282
- Visit [www.AlternativesEAP.com](http://www.AlternativesEAP.com)
- Download the 'Alternative EAP' app from the App Store or Google Play