

Demonstrate empathy to benefit others

In your work and home lives, showing understanding and having empathy helps everyone around you.

1. Give others your full attention, looking for verbal and nonverbal cues to help you fully understand their situation.
2. Put aside your own views and see things from the other person's perspective. Walk a mile in their shoes.
3. Take the positive action that you believe will help them.

Call your Employee Assistance Program and Family Resources at 1-877-804-9753 (TTY 711) or visit [MagellanAscend.com](https://www.MagellanAscend.com) for helpful resources.

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