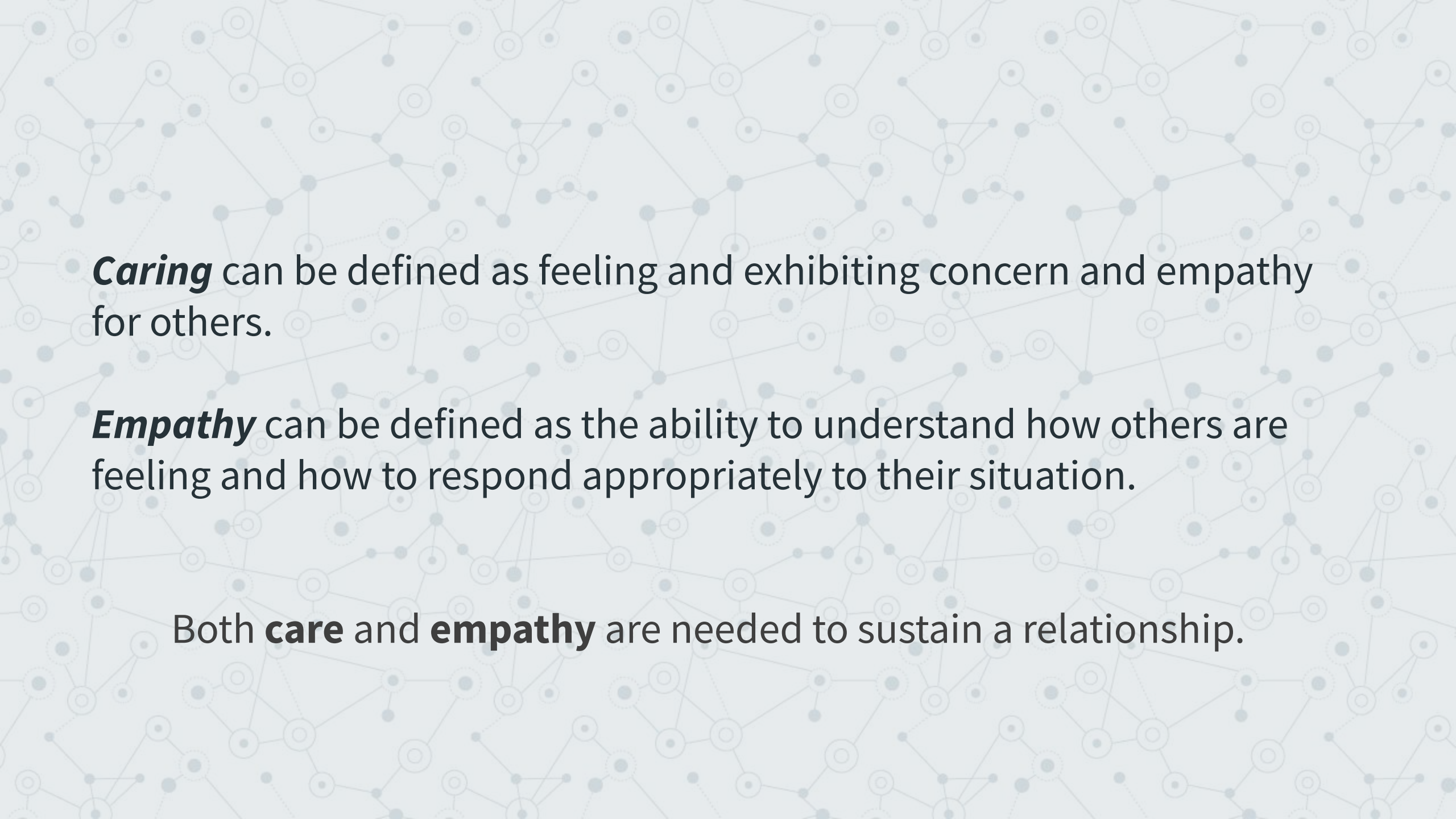




# Caring for Others

**Counseling & Student Development Center  
Bucknell University**



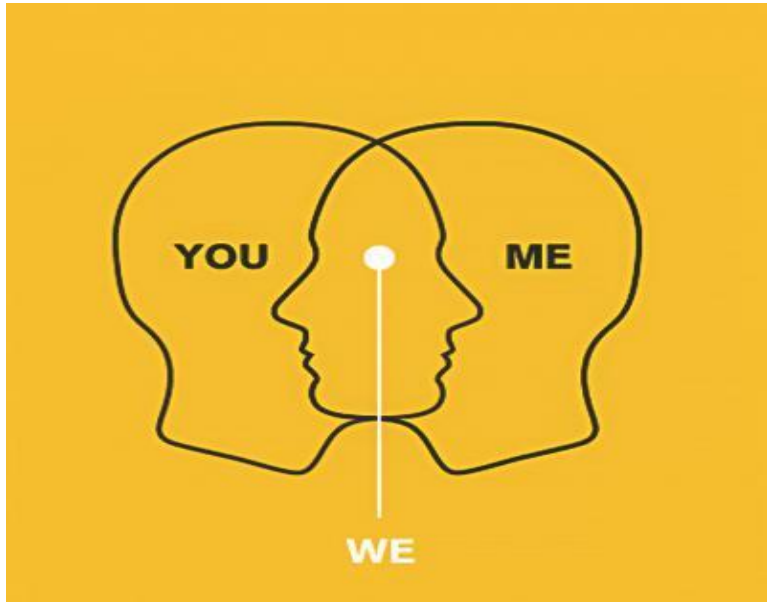
The background of the image is a light gray network of interconnected nodes and lines. The nodes are represented by small circles, some of which are solid and some are hollow. The lines connecting them are thin and gray, creating a complex, web-like structure that fills the entire page.

***Caring*** can be defined as feeling and exhibiting concern and empathy for others.

***Empathy*** can be defined as the ability to understand how others are feeling and how to respond appropriately to their situation.

Both **care** and **empathy** are needed to sustain a relationship.

# The Power Of Empathy In Relationships



- ◎ Empathy bridges the divide between individuals with different backgrounds, feelings and perspectives.
- ◎ Empathy is essential to building and maintaining relationships.
  - Without empathy, we focus only on our perspectives, disregarding the feelings of others, which leads to misunderstandings and conflict.
- ◎ Empathy fosters self-awareness and social-awareness.

# What Does It Take To Be More Empathetic?

- ◎ It requires you to ask yourself the following questions:
  - What is getting in my way of really hearing and connecting with another person?
  - How might this person be feeling?
  - Can I connect to a time in my life when I've felt this way?
- ◎ Brene Brown on Empathy  
<https://www.youtube.com/watch?v=1Evwgu369Jw>

How Can I Expand My Empathetic Potential?

# Using A Social Justice Lens

- ◎ Social justice is all about equality
- ◎ To be socially just, every individual in society must be treated in a fair and reasonable way
- ◎ However, race permeates every facet of American society & our world faces numerous social injustices that strongly affect individuals in our society.
- ◎ Common examples of social injustice include
  - racial discrimination
  - discrimination due to gender and sexual orientation
  - immigration
  - unfair labor practices
  - lack of access to resources etc.

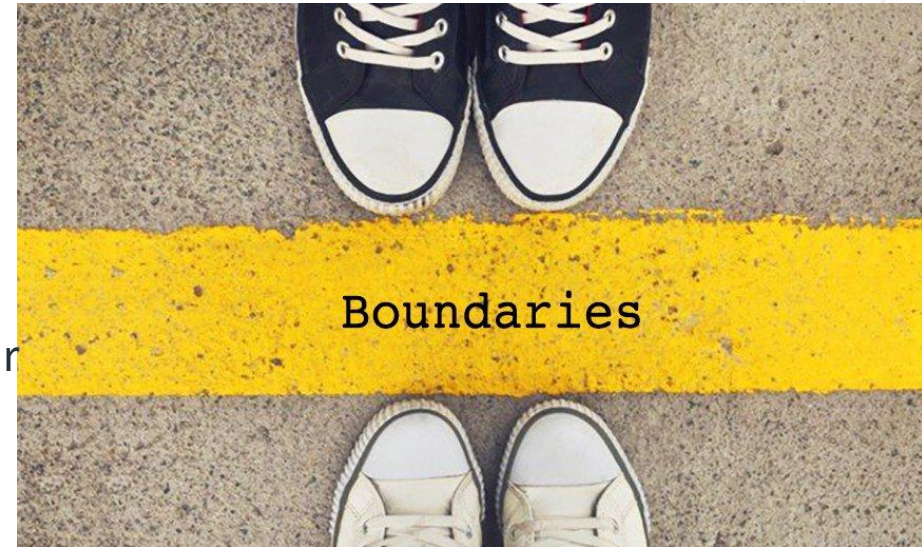


# How to Tackle Social Injustice

- ◎ Get informed
  - Examine the historical and current context of the issues from perspectives of power, racial disparities, civil rights movement, criminal justice system, stereotypes, conflicts, and ambiguity.
  - Examine your worldview, cultural values, biases, ambiguity, and privilege.
- ◎ Reach Out and Be Present
  - Many people long for someone to reach out to them or just notice their struggle and say, “I want to know you.”
- ◎ Speak Out and Talk to People You Know
  - When you see injustice happening don’t just let it happen, speak up.
  - Be aware that some people will not change their views no matter what you may tell them. If someone is clearly not interested or doesn’t want to discuss an injustice, find someone who is interested in having a discussion on social injustices.

# Building and Preserving Boundaries

- ◎ Name your limits
  - Identify what you can tolerate and accept, as well as what makes you uncomfortable or stressed.
- ◎ Tune into your feelings
  - Process with a counselor, trusted family, friend, or mentor why something makes you uncomfortable, angry, or sad.
- ◎ Give yourself permission to be direct
  - Many of us fear the other person's response if we set and enforce our boundaries; however, boundaries are a way to exhibit self-respect.
- ◎ Practice self - awareness by considering your past and present
  - Past experiences and your role in other relationships can create obstacles in building and preserving boundaries.
- ◎ Seek support
  - Consider ways to connect with others on campus or seek support in new places (Mentors, University Chaplains, Resources on the CSDC website)





# Discussion Questions

- ① What does it take to be more empathetic?
- ① How can I expand my empathetic potential?
- ① How do I take care of myself while taking care of others?

# Resources

- ◎ The CSDC remains available for Telehealth sessions or even a one on one consultation
  - Schedule an appointment by calling our office at 570-577-1604
  - Review our [website](#) for more info on our services and staff
- ◎ If you are in distress, a counselor is available after hours 24/7/365 by calling our office at 570-577-1604 and pressing “2” when prompted
- ◎ If you’re looking for a provider to connect with closer to home consider visiting [PsychologyToday](#) and use their “Find a Therapist” feature to locate a provider in your area

# Hotlines

- ⦿ National Suicide Prevention Lifeline – Call 800-273-TALK (8255)
- ⦿ Crisis Text Line – Text HOME to 741-741
- ⦿ National Domestic Violence Hotline – Call 800-799-SAFE (7233)
- ⦿ National Sexual Assault Hotline – Call 800-656-HOPE (4673)

## Identity-specific

- ⦿ Students of Color: The Steve Fund - Text STEVE to 741-741
- ⦿ LGBTQ+ Support: Trevor Project - (866)-488-7386
- ⦿ Trans Support: Trans Lifeline - (877)-565-8860

# Please share your thoughts!

A decorative network diagram in the top right corner, consisting of various sized grey circles connected by thin grey lines, forming a complex web-like structure.

Please take 2-3 minutes to give us your feedback on this program. It is greatly appreciated and used to improve future resources.

**<https://baseline.campuslabs.com/bucknell/2021oe>**

A decorative network diagram in the bottom left corner, consisting of various sized grey circles connected by thin grey lines, forming a complex web-like structure.