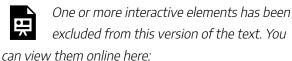
EMPATHY

In this unit, we will focus on empathy:

- What is empathy?
- How is it different from sympathy?
- How can we be more empathetic in our lives?
- How does this affect cross-cultural communication?

EMPATHY: MAIN PRESENTATION

Watch Annie's lecture on the topic of empathy.



https://openoregon.pressbooks.pub/greentea/?p=125

EXTRA PRESENTATION -HOW EMPATHY CAN HELP US

Watch Annie talk about one more idea: how empathy can help us.



One or more interactive elements has been excluded from this version of the text. You can view them online here:

https://openoregon.pressbooks.pub/greentea/?p=143

STRESS, LISTENING, AND EMOTIONS: 3 SHORT VIDEOS

These 3 short videos each discuss important advice about stress, listening, and your emotions.

You can follow the link, sign in with your PCC email address and password, watch the videos, and answer the questions.

Video 1: Active Listening

Video 2: Phone Anxiety

Video 3: Coping with Stress