

## Empathy Mnemonic

by

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**E**ye Contact

**M**uscles of Facial Expression

**P**osture

**A**ffect (expressed emotions)

**T**one of Voice

**H**earing the whole person (understanding the person's context)

**Y**our response (most feelings are mutual)

***“I See You”***

Material adapted by Suzanne Welstead (2016) from Helen Riess' TED talk *The Power of Empathy*.

Link: <https://www.youtube.com/watch?v=baHrcC8B4WM>