

# 2024 July

Embrace Empathy, One Day at a Time



\*\* Always consult your physician before starting a new diet or fitness routine.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	<b>VIDEO:</b> <a href="#">The 5 Languages of Appreciation in the Workplace</a> 3	Practice listening with intention; limit interrupting others 4	Ask your peers open-ended questions to learn more about them 5	Focus your attention on your peers body language 6
Push yourself outside your comfort zone by trying a new activity 7	Practice asking your peers to elaborate and give additional details before replying with your opinion 8	Be as curious about others –including strangers – as you can! 9	Limit judging others; focus on your awareness and try to catch yourself when being judgmental 10	Go beyond small talk. Ask someone how they’re doing and what their daily life is like 11	<b>VIDEO:</b> <a href="#">What to do When You Feel Ignored in the Workplace</a> 12	Focus on being present by putting away your cell phone during meals with others 13
Follow people on social media with different backgrounds than your own 14	Focus on active listening by making sure you are listening more than you are talking 15	Practice present-moment-awareness 16	<b>VIDEO:</b> <a href="#">How to Help Your Team Feel Comfortable Being Noticed</a> 17	<b>*WEBINAR*</b> <b>The Power of Listening: Unlocking Empathy and Connection</b> 18	Avoid assuming you know what others are thinking or feeling and ask questions instead 19	Put yourself in other people's shoes to better understand different points of view 20
Ask insightful, relevant, and nonjudgmental questions 21	Focus on understanding a situation before empathizing 22	Think of one compliment you can give every person you meet 23	Ask your peers if they need help with anything and offer your assistance 24	Examine your biases that could be interfering with your ability to listen 25	Show recognition for coworkers whom you appreciate 26	Limit multitasking in interactions with your peers and give them your full attention 27
Learn the power of second guessing yourself and asking "what if" when you make negative assumptions 28	Focus on similarities with your peers rather than differences 29	<b>VIDEO:</b> <a href="#">How to Listen with Your Heart</a> 30	Learn empathic phrases; i.e. "I'm truly sorry to hear about your experience," or "I understand how frustrating that must have been" 31			

My well-being focus for July is:



Explore all of your well-being benefits at [One.Walmart.com/wellbeing](https://One.Walmart.com/wellbeing)

My July Well-being Webinar:



**The Power of Listening: Unlocking Empathy and Connection**

Thursday, July 18, 2024 @ 1:00 pm CST

**\* Ways to stay up to date on Well-being at Walmart and Sam’s Club**

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