

# Appreciation + Empathy = Snoopy

**Appreciation is the recognition and enjoyment of the good qualities of someone or something.**

**How to express appreciation using words:** say I love you, thank you, I appreciate you.

**How to express appreciation using actions:** hug, write thank you cards/notes, give gifts, do something nice for someone, be a good listener, and don't judge.

**Empathy is the understanding of or the ability to identify with another person's feelings or experiences.**

**Ways to show empathy:** I am so sorry that you are feeling so lonely. I understand how sad you are feeling. What can I do to help you?



**During a crisis.**

**Talk to people you trust.**

IF YOU NEED SUPPORT BEYOND YOUR FAMILY AND FRIENDS PLEASE CALL

1-800-273-8255 Suicide Prevention Hotline  
or dial 988 on your phone  
24/7

Common Ground Crisis  
1-800-231-1127

YOU'RE NOT ALONE!