

# Tolerance, acceptance and understanding

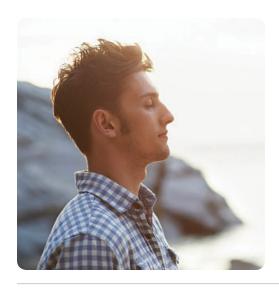
- Showing tolerance for others means that you maintain fair and non-judgmental attitudes toward beliefs or practices that differ from your own.
- Acceptance goes beyond tolerance, as it means you acknowledge the validity of someone's worldview without trying to change them.
- Showing understanding means you've considered, comprehended and developed a compassionate attitude toward another person's situation.
- Regularly demonstrating understanding of others is a virtuous human quality that improves lives.

# Understanding and accepting all types of people

Putting up interpersonal barriers against people with whom we differ or don't understand can be an automatic reflex. However, it's better to keep an open mind about others' differences; we can learn something valuable from everyone we meet.

- It is wise not to reject others due to their appearance, ethnicity, religion, gender orientation or political affiliation.
- Sometimes our hesitancy to interact with others can be based on simple unfamiliarity with a particular type of person, such as a transgender individual or someone from another culture.
- It's healthier to live by the Golden Rule—to treat others as respectfully as we would like to be treated.
- Meeting and learning about new people helps us grow, and it can present opportunities for new friendships, community and business opportunities, and greater understanding of the world around us.





#### Mind Your Mental Health

Is daily life with a mental health condition difficult for you or someone you care about? Help is available!

- Though it often takes time to find the right mix of activities that works best for you, doing so can improve your ability to cope with mental health challenges. Read these six tips for helping yourself feel better.
- Sharing mental health struggles with others is always a delicate process.
   Who should you tell and how much should you say? Get helpful sugestions for navigating this very personal path.
- If you have friends, family or associates suffering with mental illness, you might not know how to respectfully address the issue with them. Here are nine questions that such individuals wish you would ask.

## Working on Wellness

The winter months can represent a chilly challenge to your health.

- If you experience the "winter blues" or the more serious seasonal affective disorder (SAD), try to get more light exposure, exercise indoors or outdoors, increase your vitamin D intake and stay socially active.
- Help your partner or other family members with their weight loss journeys. Encourage their healthy eating, and exercise with them!

### **Daily Diligence**

Not fully accepting ourselves, and being too self-critical, are common human conditions. How can you rewrite your inner script?

- Develop and keep nearby a list of your strengths and abilities: personal attributes ("I'm extra insightful"), goals achieved, people you've helped, successful projects you've completed, and other self-affirmations.
- Whenever your day needs a positive boost, refer to your "personal power" list. Add to it often!

Do the winter months make you feel SAD?

10 million Americans
experience Seasonal Affective
Disorder (SAD). 10-20% of people may have milder forms of SAD.

Access counseling services

through your program.

Additional sources: Psychology Today, Psych Central.



The webinar, Transgender 102: To the Bathrooms and BEYOND is available now on the Learning Center.

