



## 5. Empathy

**How powerful the glow from just one candle in defying the darkness.**

Contrary to popular imagery, the home fires don't always burn at the festive season, love actually is not all around and peace and goodwill does not prevail for all men and women. Despite our best attempts, we are not picture-perfect, there is always more going on for us. So, let's not gloss over one another this season. Can we ask the question – are you feeling, ok?



**It's ok not to feel ok; and it's absolutely ok to ask for help.**

**I Am  
Here**