https://newsela.com/read/lib-empathy-can-hurt-health/id/42910/?collection_id=2

Answer the below Questions. This will count as a daily grade.
Make Sure Each Answer to The Question Meets the Three Sentence Minimum (Unless Otherwise Stated)
In Case the Above Link Fails, Copy and Paste the Below Title into the NewsELA Search Field.

Without the Quotation Marks

“Being Empathetic is Good, but It Can Hurt Your Health”

1. What is empathy? How might it relate to stress and depression?
2. How can caring for someone be a bad thing?
3. Why is it important to care for other people however, and how is being empathetic important to any relationship between any two people, not just couples?
4. What happens if you put someone else’s feeling above your own too often?
5. Have you ever done this and made yourself unhappy as a result?
6. This can actually become a form of abuse if the other person is willingly allowing you to see to their needs, but never seeing to yours. How accurate do you believe this is?
7. What is empathy fatigue, and how does it hurt people?
8. What are the three ways in which empathy is described? Explain the difference between the three?
9. What does the research show about empathy with respect to the brain? (4 Sentences)
10. Is it a good thing to regulate your empathy, yes, but should it not be balanced carefully?

In your opinion is it possible to do too much empathy regulation and thereby cut yourself off from humanity? Of course, you could argue that empathy is useless all together, pick a side and defend it. Use evidence from the article. (Two Paragraphs)