

How to Be More Accepting of Others

(and Why it Helps Your Wellbeing!)



Don't waste your precious time and energy trying to change other people. Focus on you, take care of yourself, and live well

Diverse teams are more successful at work, so it follows that having a diverse network will encourage personal growth



People's habits, views and opinions are formed over a long time, and influenced by a great many factors. Try to put yourself in their shoes

Embrace how wonderfully different every last person on this planet is. No one has your unique life experience, so no one is going to think exactly like you



Don't try to control other people's feelings; focus on managing your own responses

Approach others with an open mind. If you meet someone from a different walk of life, see what you can learn from one another



You might be burning to get your opinion across, or question someone whose views differ from your own. But first, pause. Then act with kindness

Before jumping to judge someone, ask yourself why their views might be so different from yours. What could have influenced that?



Live and let live. Unless someone's views or actions are harmful, embrace the beautiful diversity of the people that surround you

Accepting other people's differences makes the world a far more fascinating place. Our world changes quickly, so instead of fighting it, enjoy the ride

