

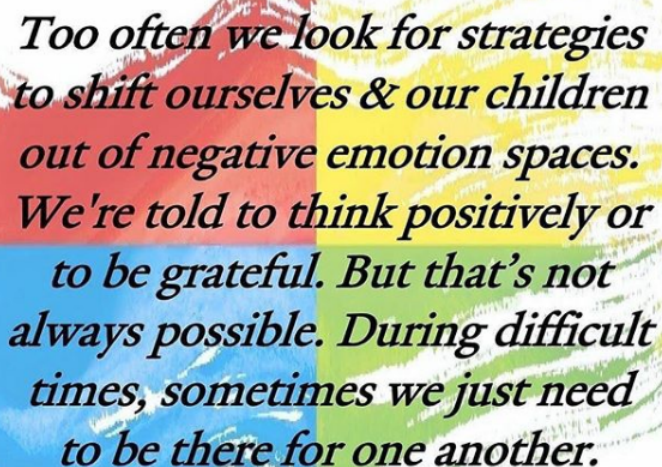
SPECIAL EDITION:
THE SEL MONTHLY
Community Newsletter
Edition 4

Permission to Feel:

Self-Awareness and Social Awareness During COVID-19

Social and emotional learning (SEL) skills are rooted in understanding our own emotions, as well as the emotions of others. Self-awareness and social awareness allow for us to navigate every day life, celebrations, and periods of uncertainty. As we adjust to the ever-changing impact of COVID-19, it is important to remember this: all emotions are "okay!" Feelings are our natural reactions to our experiences, and we have to allow ourselves and others the "permission to feel." This phrase points out the importance of taking the time to identify, accept, and validate our own emotions (*self-awareness*), as well as recognizing and respecting the emotions of others (*social awareness*).

PERMISSION TO FEEL



Too often we look for strategies to shift ourselves & our children out of negative emotion spaces. We're told to think positively or to be grateful. But that's not always possible. During difficult times, sometimes we just need to be there for one another.

Marc Brackett

Tips for Enhancing Self-Awareness and Social Awareness Skills:

- Recognize that emotions can either be comfortable (e.g., happy, excited) or uncomfortable (e.g., disappointed, confused) rather than as "good" or "bad"
- Take a moment to pause and reflect on an emotion you've experienced recently and any triggers that may have contributed to the feeling
- Acknowledge that other people's experiences and emotions are all unique
- Seek to understand how your own emotions and others' emotions can impact interactions, conversations, and relationships
- Offer support and validation to others emotions, even when you may feel differently than them

Tips for Communicating Effectively during COVID-19

Self-awareness and social awareness skills allow us to engage in conversations with others daily in all sorts of settings—in work environments, at home, and in the community. If these conversations become tense, as can happen during times of uncertainty like COVID-19, it is important to be aware of our own emotions, as well as how others are feeling in order to have productive and respectful conversations. Try using these SEL-focused strategies below to effectively communicate with others.

Listen & Validate: actively listen by allowing for others to fully share without interruptions and validating any feelings they may express

Ask Questions: inquire further about a topic, decision, event, or information which you are unsure about to avoid confusion or misunderstanding

Avoid Electronic Communication, If Possible: connecting in person or over the phone eliminates potential miscommunication from emails, texts, or social media messaging

Seek to Be Curious, Instead of Furious: if disagreements arise during conversations, find out more before becoming upset—why does the other person think or feel that way, how are you reacting, or what can you learn from this?

Be Honest and Avoid Blaming: using "I Statements" can be helpful in being clear and calm when communicating (e.g. "I feel...I think...I would like to...")



Video Resource:
"Brené Brown on Blame"



Resources

Click for online resources

Self-Awareness and Social Awareness

"How to Become a Scientist of Your Own Emotions: Q&A with Marc Brackett" (Source: *Greater Good Magazine*)

"Why is My Child Angry?" (Source: *Understood*)

Wellness and Self-Care

"Self-Care is Not Just for Emergencies" (Source: *American Psychological Association*)

"Taking Care of YOU: Self-Care for Family Caregivers" (Source: *Family Caregiver Alliance*)

COVID-19

"So Close, Yet So Far: Building Community During Social Distancing" (Frameworks SELEmentary Podcast)

SELEmentary



 Frameworks