



# Social Emotional Well Being

Enjoy Life, this is not a rehearsal



With Gratitude

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# Wellbeing

- Wellbeing has been described as feeling engagement, connection, meaning, positive feelings and a sense of achievement in life (Seligman, 2011).

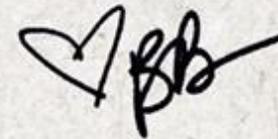


At this time



This pandemic experience is a massive experiment in collective vulnerability. We can be our worst selves when we're afraid, or our very best, bravest selves. In the context of fear and vulnerability, there is often very little in between because when we are uncertain and afraid our default is self-protection. We don't have to be scary when we're scared. Let's choose awkward, brave, and kind.

**And let's choose each other.**



Unlocking Us PODCAST EPISODE #1

# STRESS TEST

The following picture is from a McGill study on stress.

Look at both dolphins jumping out of the water.

The dolphins are identical.

The McGill study revealed that a person under stress would find differences in the two identical dolphins.

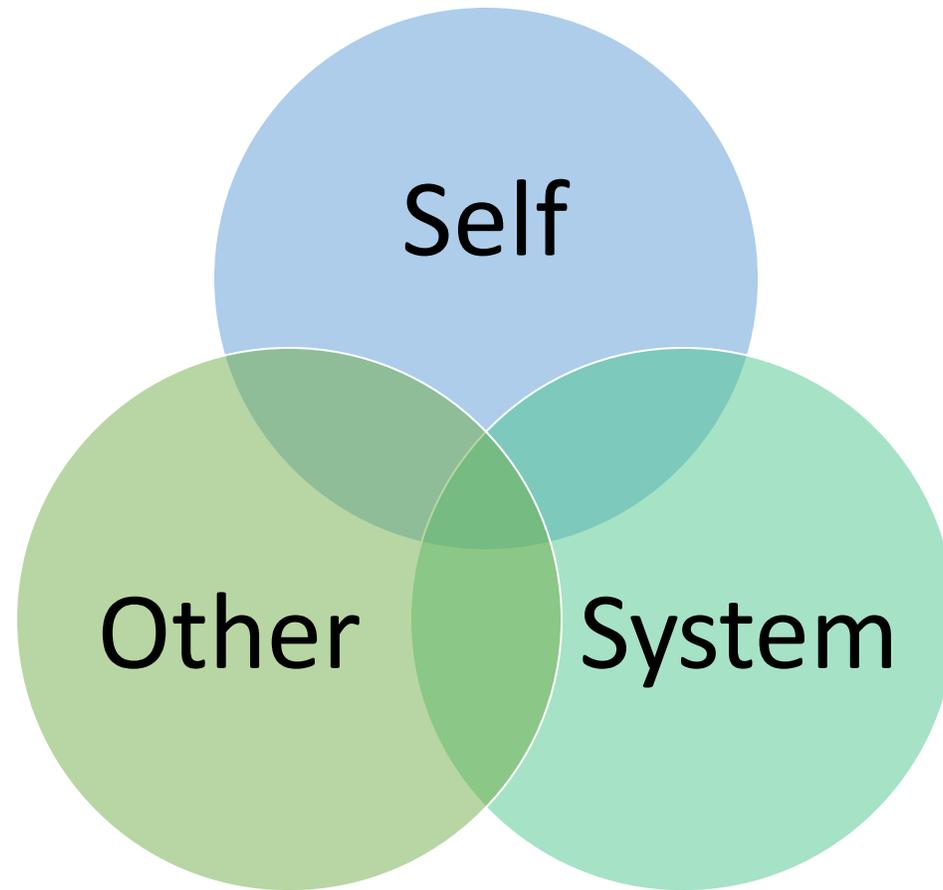
The more differences a person finds between the dolphins, the more stress that person is experiencing.



# Group Norms

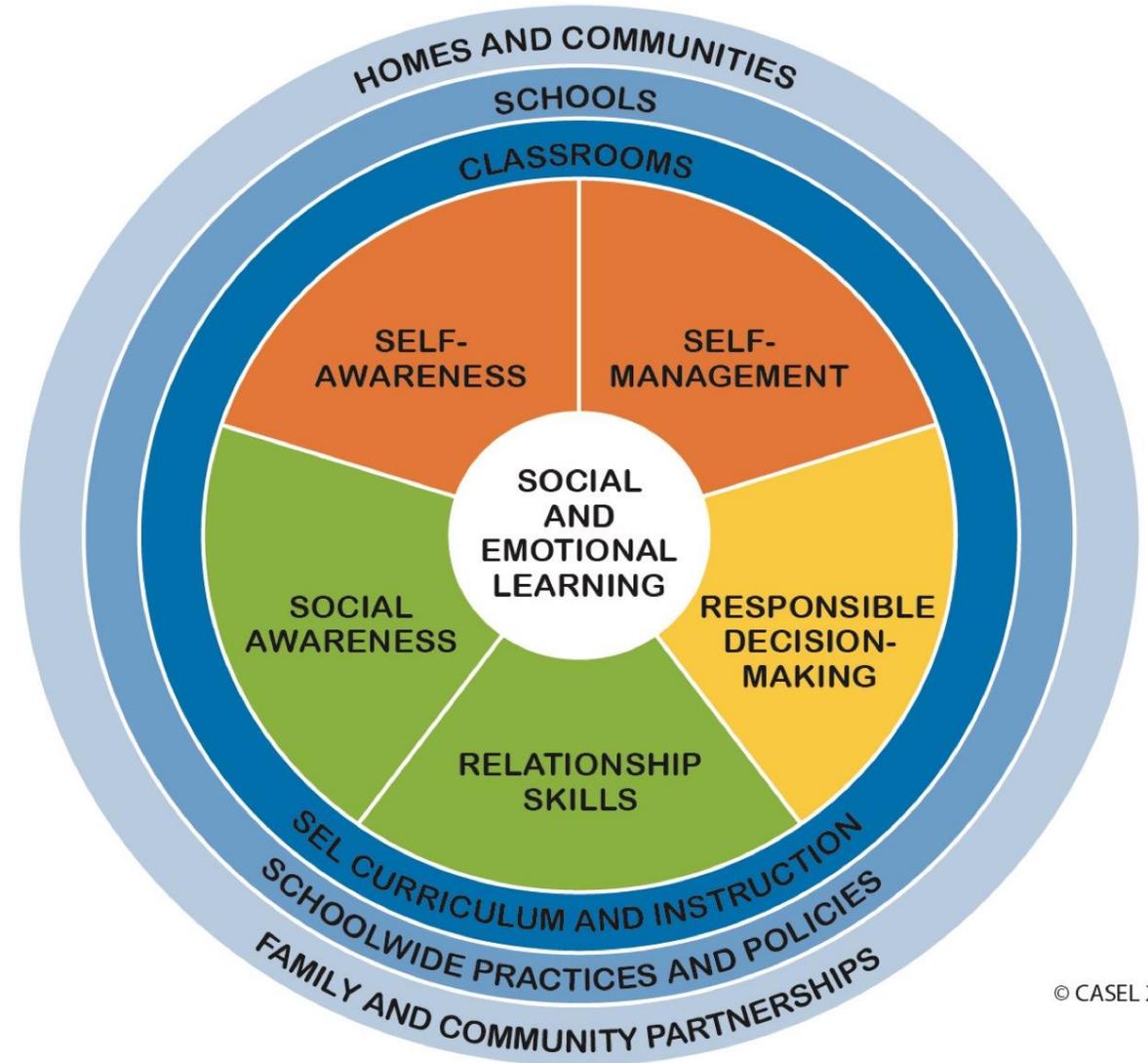
- ◇ How will we work together?
- ◇ What do we need to feel safe and creative in this space?
- ◇ Creating the Norms
- ◇ Using and Reviewing/Revising

# Parts of Wellbeing



# SELF

- Self Awareness
- Self Management





Self Awareness

Feeling

Thinking

Acting

# Feelings

- What are the messages you carry with you
- Increase vocabulary
- Body awareness -teach it, practice it
- Be curious

*Leaders must invest a  
reasonable amount of time  
attending to fears and feelings  
or squander an unreasonable  
amount of time trying to  
manage ineffective and  
unproductive behavior*

*Brene Browne*

Quotes Creator

# Happiness Myths

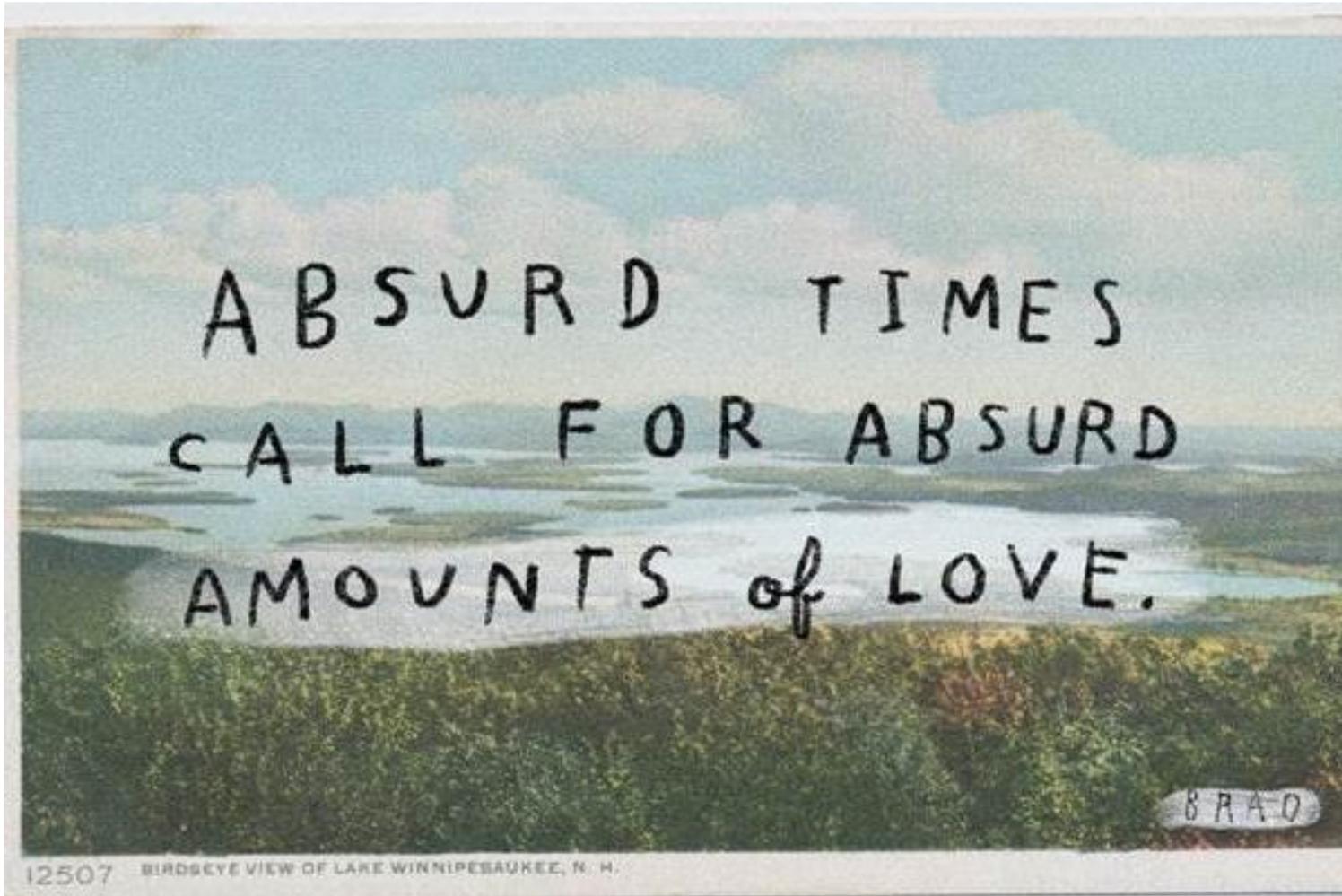




Rich full and  
meaningful

- Normalize the range of emotions
- Understand the brain's negativity bias
- Increase the good stuff by leaning in





Intention  
Setting



# Thinking

- Become an optimistic thinker
- The 3 p's of pessimism
- Helpful and unhelpful
- Practice

Acting

Connect to the  
other two

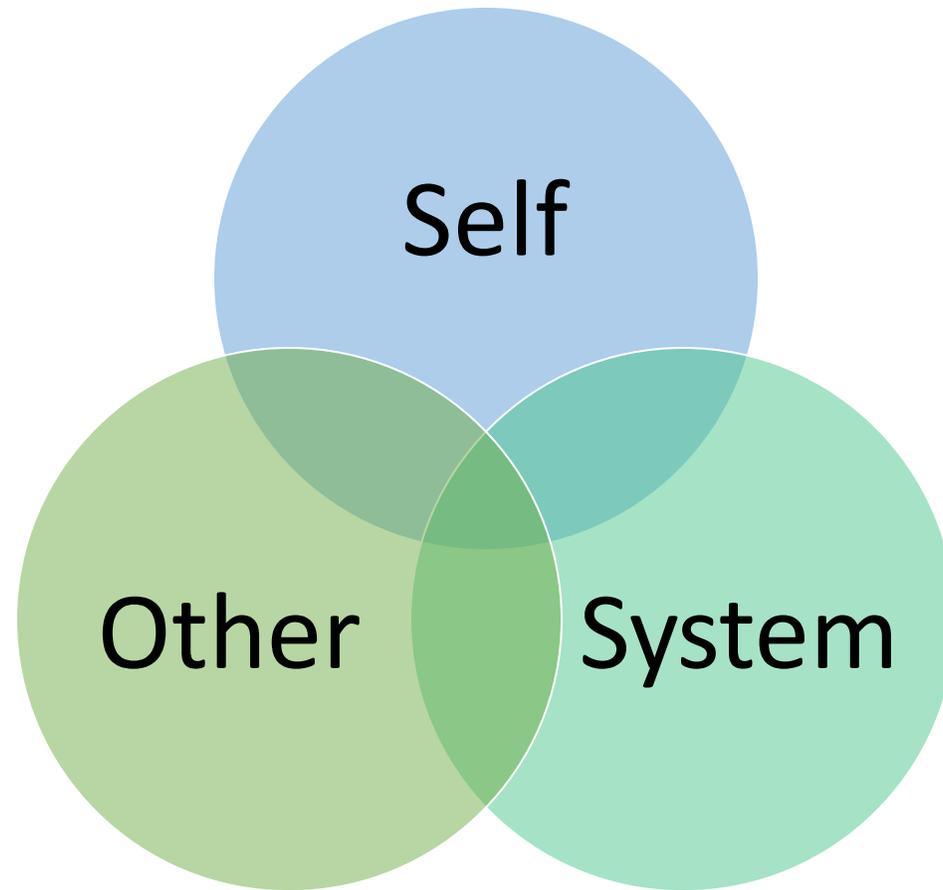
We can even  
start from here



# Self Regulation/Self Management

- Starts with awareness
- Starts in the body
- Practice when you don't need it
- Start small and practice self compassion
- Co-regulating – you are not in this alone

# Parts of Wellbeing



# Other

- Social Awareness
- Relationship Skills



A partner exercise



**BELONGING**

**SO SIMPLE, SO POWERFUL!**



A person wearing a light blue button-down shirt is holding a white rectangular sign with both hands. The sign has the text "LET'S DISCUSS" written on it. "LET'S" is in a dark blue, serif font, and "DISCUSS" is in a bright red, serif font. The background is a plain, light-colored wall.

**LET'S**  
**DISCUSS**

Belonging  
and  
Connection

In the classroom

In the workplace

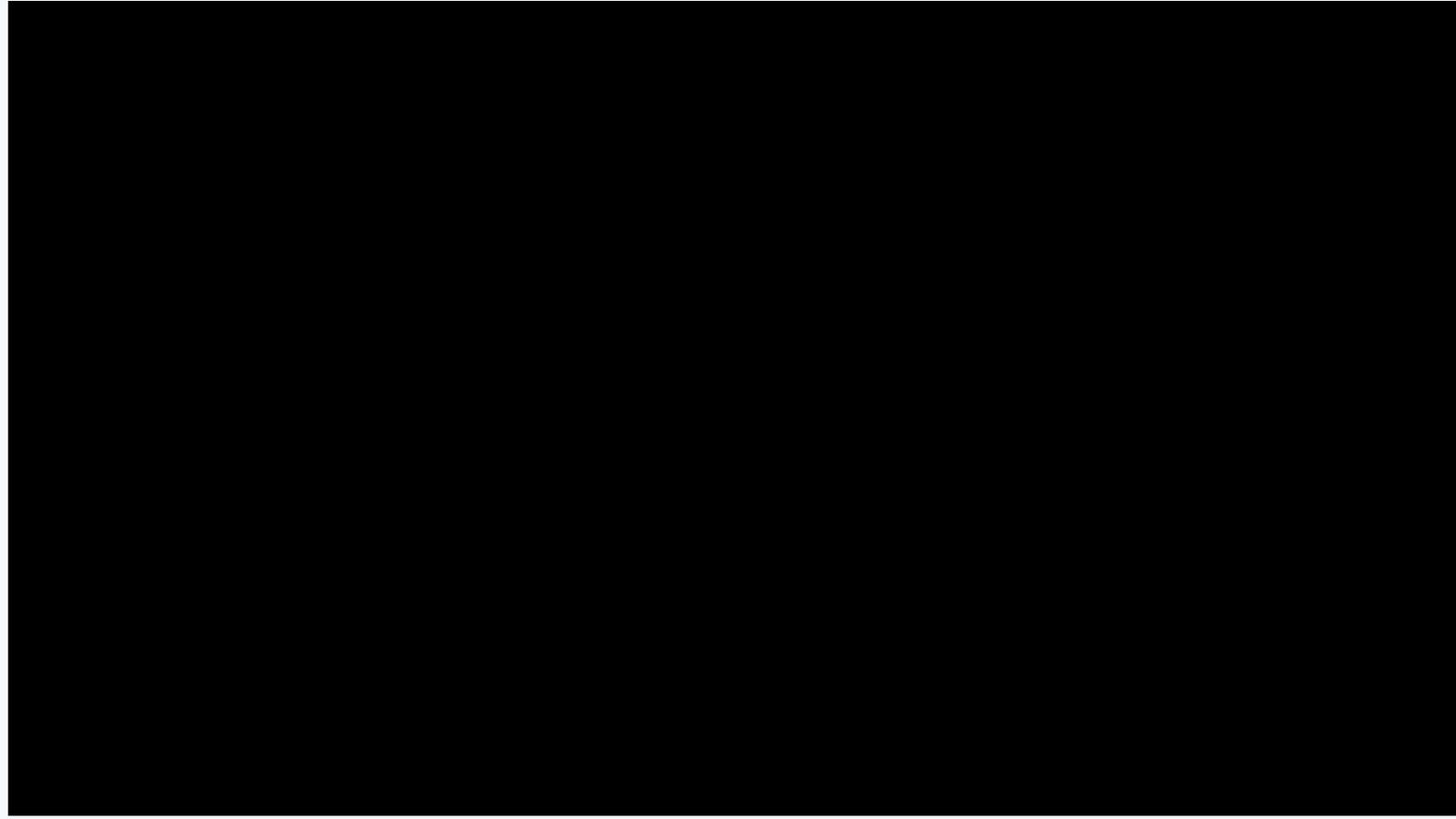
In the community



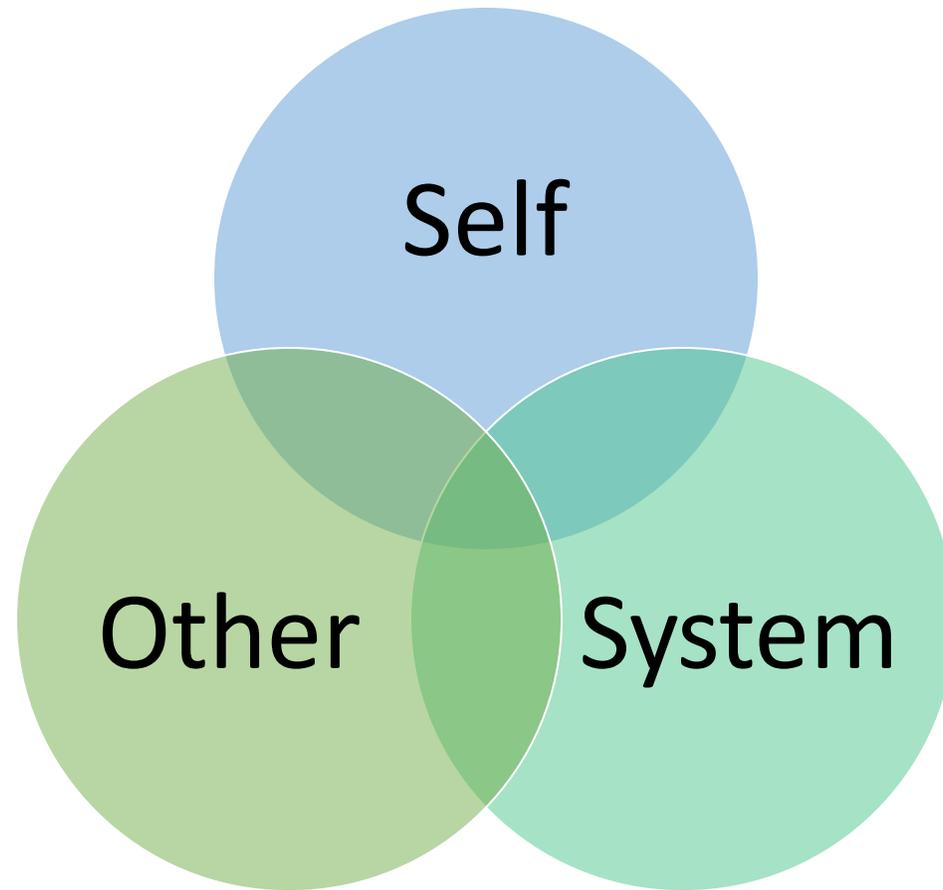
# What is it not?

- *Not sympathy*
- *Not a chance to tell them my story*
- *Not a competition of suffering – well at least*
- *Not a pep talk*
- *Not problem solving*

*For the problem solvers*



# Parts of Wellbeing



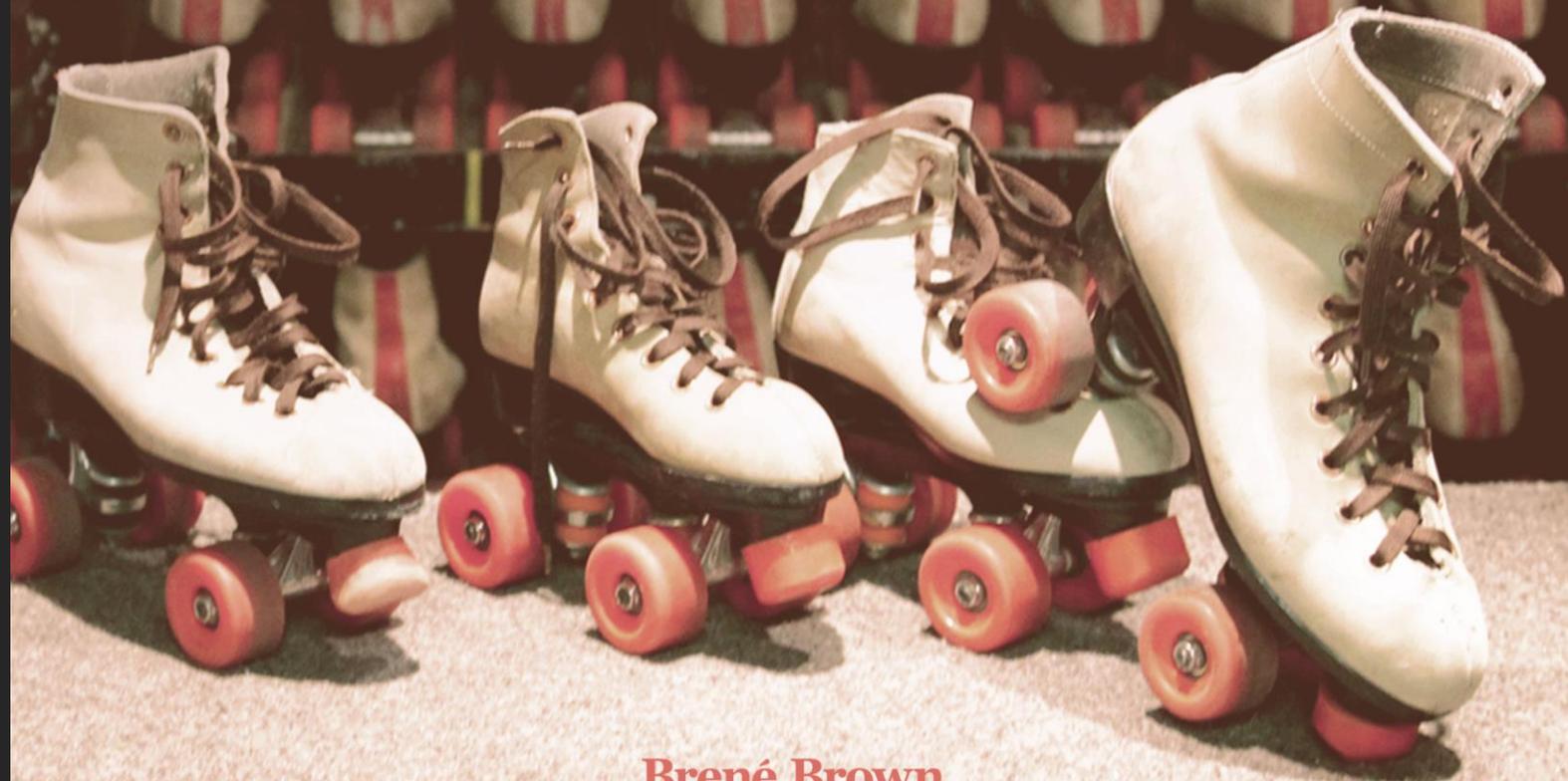
# The System

- What is the system?
- How does it contribute to your wellbeing?
- How does it take away from it?

IMPERFECTIONS ARE NOT INADEQUACIES;

*they are reminders  
that we're all in  
this together.*

Putting it all  
together



**Brené Brown**