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SOCIAL
EMOTIONAL

Well-Being
for
EDUCATORS

CORWIN

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Please enjoy this complimentary excerpt from *Social Emotional Well-Being for Educators*, by Michelle L. Trujillo.

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Social Emotional Well-Being is a way of being in which human beings feel, believe, and act in a way with each other (and themselves) that nurtures compassion, honors diversity, and allows them to be more open and engaged in learning and living so that the world is a better place.



BE REFLECTIVE

WHAT does it mean and look like to BE Reflective?

Being reflective means looking within. Primary focus includes, but is not limited to:

- Reflecting on our vocational WHY by contemplating our reason for choosing our vocation and staying connected to that reason.
- Noticing our emotions and feelings, as well as the root causes of our feelings, while acknowledging that emotions are neither good or bad, right or wrong; they just are.
- Recognizing our strengths and opportunities that will foster personal and professional growth.
- Responding to people and/or situations from a place of love, as opposed to fear.

WHY is it relevant to Social Emotional Well-Being?

- **Personal Relevance:** Being reflective leads to personal growth. We cannot grow from that which we ignore, nor can leverage a strength without recognizing it. Being reflective can illuminate that for which we are grateful, positively impacting our sense of self, as well as our relationships.
- **Professional Relevance:** The ability to be reflective can help us to connect or reconnect with the purpose and meaning of our vocations, thus inspiring joy, confidence, effectiveness and productivity.

BE INTENTIONAL

WHAT does it mean and look like to BE Intentional?

Being intentional means thinking, speaking and behaving with purpose. Primary focus includes, but is not limited to:

- Noticing the physical manifestations of our emotions and feelings
- Being mindful of our attitudes, words and behaviors
- Taking intentional breaths to center or focus
- Focusing on that which is within our realm of control
- Having a growth mindset focused on strengths and possibilities
- Practicing stress and time management techniques
- Connecting with others with purposefully
- Listening actively, with our whole mind and body

WHY is it relevant to Social Emotional Well-Being?

- **Personal Relevance:** Being intentional contributes to mindfulness and presence. Intentionality helps us to slow down, breathe and prioritize our social, emotional, physical, and spiritual health.
- **Professional Relevance:** Our vocations as educators can be stressful. With intention, we can set realistic goals, as well as boundaries. Intentionality also cultivates authenticity which can help us to build relationships with our students, their families, and our colleagues.

BE EMPATHETIC

WHAT does it mean and look like to BE Empathetic?

Being empathetic means seeking to understand. Primary focus includes, but is not limited to:

- Demonstrating active compassion
- Approaching people and situations with an open mind and an open heart
- Being with others, even when we don't understand
- Listening first, talking less
- Practicing courageous vulnerability
- Appreciating and honoring differences among peoples and cultures.

WHY is it relevant to Social Emotional Well-Being?

- **Personal Relevance:** Being empathetic can nurture selflessness, kindness, and understanding. These acts suppress negativity, judgment, and angst which in turn help us to have a more positive attitude and peaceful spirit.
- **Professional Relevance:** Empathy helps us to remember that there is a story behind the behaviors of our students. When we focus on correcting behavior rather than judging the person, we will nurture stronger relationships, better classroom management, and more authentic communication.

BE CONNECTED

WHAT does it mean and look like to BE Connected?

Being connected means relating to others emotionally, socially, kinesthetically, and spiritually. Primary focus includes, but is not limited to:

- Seeking to develop and sustain healthy relationships
- Asking "how are you?" and listening to the answer
- Smiling authentically
- Communicating with clarity and compassion
- Collaborating with others to find solutions
- Pursuing opportunities to humbly support humanity
- Asking for help

WHY is it relevant to Social Emotional Well-Being?

- **Personal Relevance:** Connection neutralizes isolation, which is vital because the lack of human connection can lead to loneliness, anxiety, or depression. Being connected therefore can grow relationships, increase feelings of belonging, improve our self-worth and confidence, and ultimately boost our immune system.
- **Professional Relevance:** Being connected can inspire empathy, grow student/educator or collegial relationships, and foster a positive sense of self. Intentional connection can cultivate positive school culture and climate and can improve job satisfaction, helping us to experience less work-related overwhelm or stress.

BE ACCOUNTABLE

WHAT does it mean and look like to BE Accountable?

Being accountable means taking responsibility for our choices in thought, word and deed. Primary focus includes, but is not limited to:

- Being reliable and trustworthy.
- Asking how our behavior impacts others
- Owning our poor choices or behavior
- Discovering, evaluating, and admitting our implicit and explicit biases
- Seeking sincere forgiveness by making amends
- Making efforts to change behavior that negatively impacts ourselves or others
- Being restorative to build community or restore harm
- Modeling responsible behavior choices

WHY is it relevant to Social Emotional Well-Being?

- **Personal Relevance:** Being accountable relieves the burden of guilt. It helps us to practice humility and form more authentic relationships contributing to peace of heart, mind, and spirit.
- **Professional Relevance:** When we are accountable for our words, choices, and behaviors we model responsible decision-making for our colleagues, employees, and stakeholders thus paving the way for others to follow our lead. Being accountable sustains relationships encourages honesty and demonstrates responsibility influencing our ability to contribute to the collective good of our school community.

BE EQUITABLE

WHAT does it mean and look like to BE Equitable?

Being equitable means fair, just, and free from bias. Primary focus includes, but is not limited to:

- Understanding that fair is not equal
- Putting systems in place to ensure equitable accessibility and opportunity for all
- Discovering and mitigating workplace disparities
- Understanding the unique needs, challenges, and barriers of every individual
- Addressing social and racial injustice and inequity- in word and deed

WHY is it relevant to Social Emotional Well-Being?

- **Personal Relevance:** Being equitable instigates personal social-emotional growth because it requires that we learn about the traditions, cultures, and ways of being of others. This growth helps us to be more understanding and well-rounded individuals.
- **Professional Relevance:** Being Equitable helps us to create inclusive work environments and to honor all individuals, fostering an accepting, fair, and just school culture. Contributing to the creation of such an environment can lead to vocational gratification and purpose.