





PERMISSION TO FEEL

*Unlocking the Power of Emotions to Help our Kids,
Ourselves, and our Society Thrive*

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 marcbrackett.com
(info, book, blog)

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RESOURCES

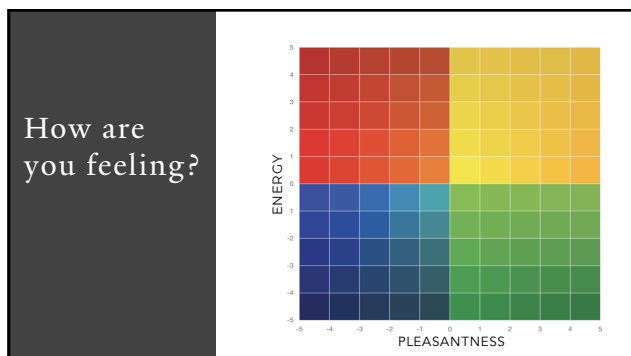
**Emotion Scientist Blog,
Book info, Free articles**
www.marcbrackett.com

**RULER training &
Information on SEL**
www.rulerapproach.org

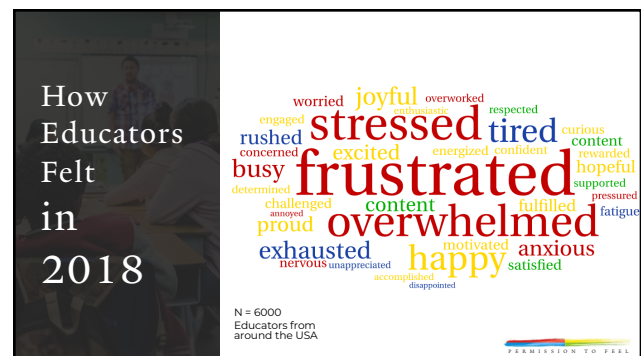
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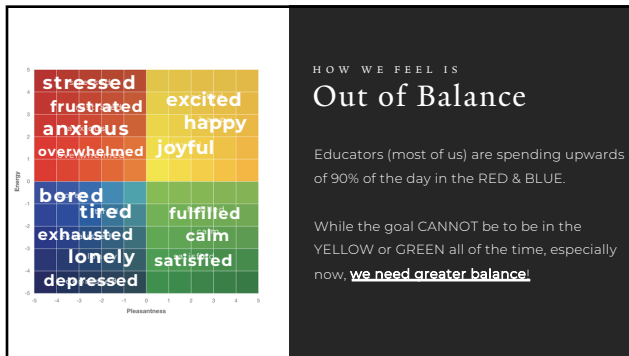


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Causes of Teachers' Anxiety

- Fear of getting sick (either themselves or loved ones/family members)
- Having to work from home/child care
 - "Online school started today. My vision of finally having someone else take care of kids (even virtually) was smashed to smithereens. This requires 100% parent involvement, actually 200% because the girls are in different grades!!!!!"
- A quality education for all students
- Being home and cooped up
- Feeling isolated and lonely
- Economy and finances
- Access to food and resources

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Ideas for what can make a difference

- Learn the science of emotion and emotional intelligence
- Understand that SEL skills are hard, not "soft" skills
- Move beyond the goal that "happiness" is the "answer"
- Focus more on prevention so there is less need for intervention
- Have greater balance in the "core" curriculum
- Educate families in SEL
- Eliminate "quick fix" mentality and focus on systemic change
- Overhaul outdated and often harmful policies and educate policymakers

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Our Vision

To use the power of emotions to create a healthier and more equitable, innovative, and compassionate society

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Social and Emotional Learning

RULER

Moving from a piecemeal approach... ...to a systemic approach

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The RULER Approach

STRATEGY	STAKEHOLDERS	AIMS	IMPACT
<ul style="list-style-type: none"> • Adult personal and professional learning • Schoolwide tools, Pre-K to 12 classroom resources, and OST resources • Online platform and coaching support • Monitoring and evaluation tools 	<ul style="list-style-type: none"> • Administration and school board • Educators and staff • Families • Students 	<p>Individual-level</p> <ul style="list-style-type: none"> • Enhanced mindset ("emotions matter") • Deepened social and emotional skills <p>Setting-level</p> <ul style="list-style-type: none"> • Healthier emotional climates in schools and homes • SEL-infused pedagogy, practices, and school-wide policies 	<ul style="list-style-type: none"> • Increased engagement and performance • Better-quality relationships and less bullying • More responsible decisions and behavior • Better stress management and greater well-being

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Emotions Matter



- Attention, memory, and learning
- Decision making
- Relationship quality
- Physical and mental health
- Performance and creativity

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Emotion Scientist vs. Emotion Judge

An Emotion Scientist...

- Accepts *all* emotions as information
- Sees emotions as ephemeral
- Is open, curious, and reflective
- Is in learner mode (investigates)
- Wants to get "granular"
- Has a "growth mindset"

An Emotion Judge...

- Views emotions as "error" and weak
- Sees emotions as "permanent"
- Is critical, closed, and ignores emotion
- Is in knower mode (makes attributions)
- Clumps emotions as good or bad
- Has a "fixed mindset"

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The RULER Skills

- R**ecognizing emotions in self and others
Understanding causes and consequences of emotions
Labeling emotions accurately
Expressing emotions
Regulating emotions effectively

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Healthy Emotion Regulation



The "thoughts" and "actions" we use to prevent, reduce, initiate, maintain, or enhance emotions in order to promote well-being, build positive relationships, make sound decisions, and attain goals

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Managing Anxiety & Stress

- **Stress**
 - *Unpredictable, Uncontrollable, Sustained* (like how we feel right now)
- **Currently, our educators and many of us feel chronic stress.**
- **Chronic stress** makes us sense danger around the clock. Coupled with "resource depletion" – poor nutrition, sleep, and exercise, our worst selves come out and we behave irrationally
 - Spraying people, gargling with Clorox; panic buying of toilet paper
 - Saying mean or hurtful things to our partners
 - Catastrophic thinking. Our brains lie to us. When we don't have accurate information, we make things up (e.g., Turbulence & plane crashes)

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The Big 7: Healthy Emotion Regulation

PHYSIOLOGICAL REGULATION

- Mindful breathing

SELF-CARE

- Sleep, nutrition, exercise (build a strong immune system)

HEALTHY RELATIONSHIPS

- Feeling safe, heard, & connected

MANAGING YOUR THOUGHTS

- Positive self-talk, gratitude, compassion, reappraisal, & problem-solving

MANAGING YOUR LIFE SMARTLY

- Modifying & selecting situations to prevent stress; having routines and setting daily goals

DOING MEANINGFUL THINGS YOU ENJOY

- Spirituality, hobbies, entertainment, & taking a walk in nature

FORGIVENESS

- Giving ourselves permission to fail & forgive.

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Emotion Regulation Strategies are:

- **Specific to the emotion:** Not all emotions are created equal.
- **Specific to the person:** Strategies are rooted in personality, family background, culture.
- **Specific to the situation or relationship:** Do you regulate better at work than at home? Is it easier with some friends than others? For educators: Are all strategies allowed/permitted?
- **And, importantly, there is no criterion of correctness**

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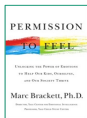
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Let's Put It All Together!

- Give yourself & others the permission to feel *all* emotions
- Emotion regulation isn't about not feeling, it's about accepting all feelings & using them wisely.
- Strive to become an emotion scientist, not an emotion judge
- Remember: Physical distance does not mean psychological distance.
- Appreciate that developing emotion regulation skills can be harder than learning traditional "hard" skills. It's life's work. Embrace the complexity!
- Be the role model. If you fail, be open to apologizing, forgiving, and repairing – and seeking professional help if necessary.
- Don't give up! Your health and your children's health depend on it!

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Between stimulus and response there is space. In that space is our power to choose our response. In our response lies our growth and our freedom.

- Viktor Frankl

THANK YOU!

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