

SOCIAL EMOTIONAL WELL BEING -2023



EMOTIONAL WELL-BEING

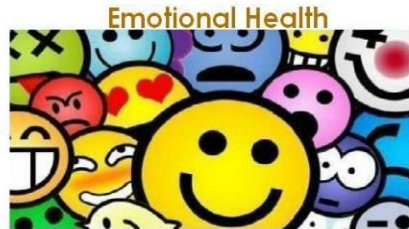


Social and Emotional Introductory Video:

<https://www.youtube.com/watch?v=DqNn9qWo01M>



Mental and Emotional Health



Social
Emotional Well
Being

Enjoy Life, this is not a rehearsal

Wellbeing

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



Wellbeing

- **Wellbeing has been defined as engagement, connection, positive feelings and a sense of purpose (Seligman, 2011).**

CBSE AND SOCIAL EMOTIONAL WELL BEING

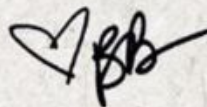
<http://www.youtube.com/watch?v=Vo3IntzAD94> The panelists of the webinar include Manoj Ahuja, chairman of CBSE, Mohan Agashe, film artist and former professor director of Psychiatry, MIMH, Pune, LS Changsan, Joint Secretary (Institutions), Ministry of Education among others. The panel will discuss various issues and mental challenges being faced by students, learning aspects during Covid and how creativity can help in resolving them.

At this time

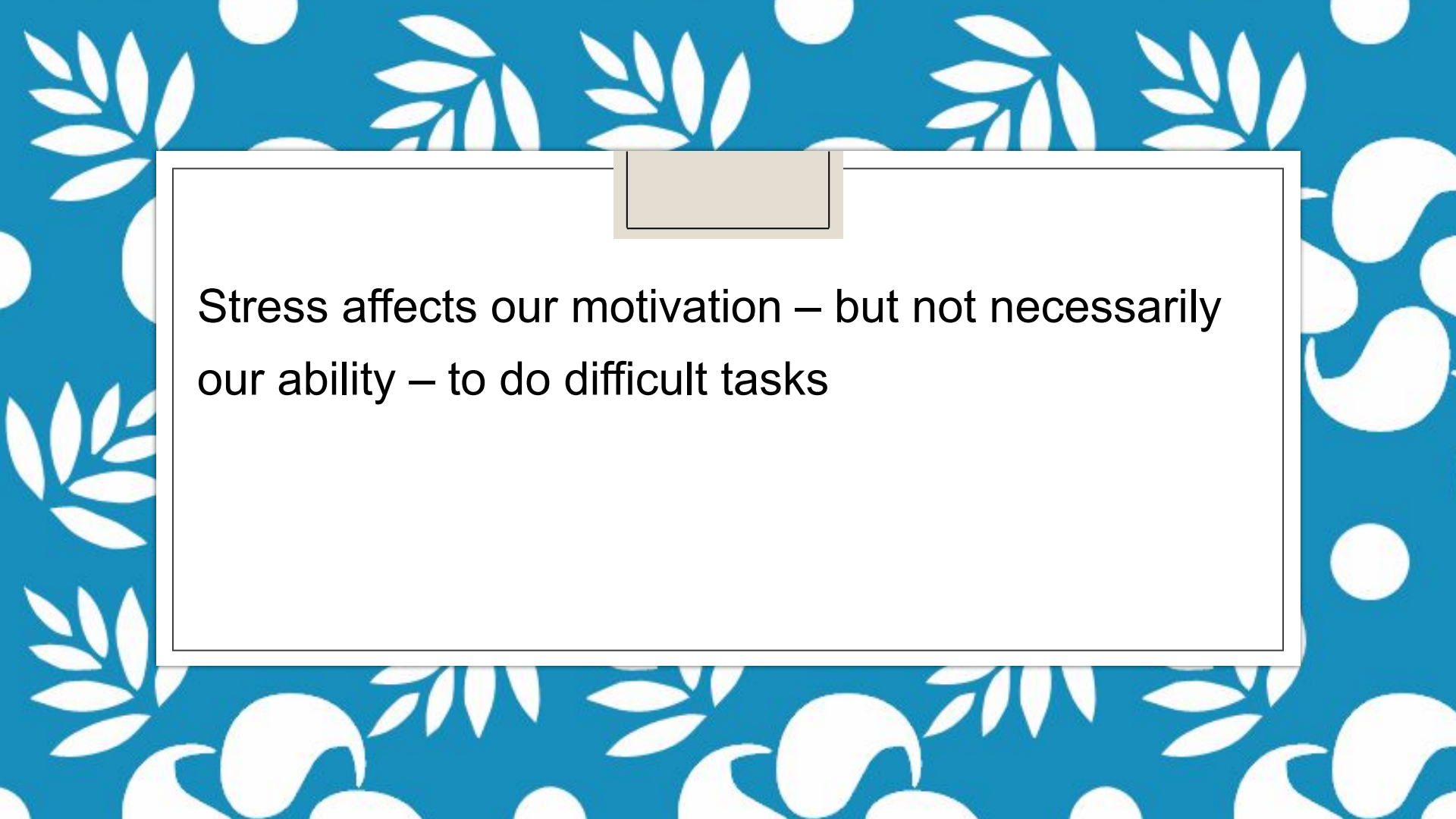


This pandemic experience is a massive experiment in collective vulnerability. We can be our worst selves when we're afraid, or our very best, bravest selves. In the context of fear and vulnerability, there is often very little in between because when we are uncertain and afraid our default is self-protection.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

And let's choose each other.



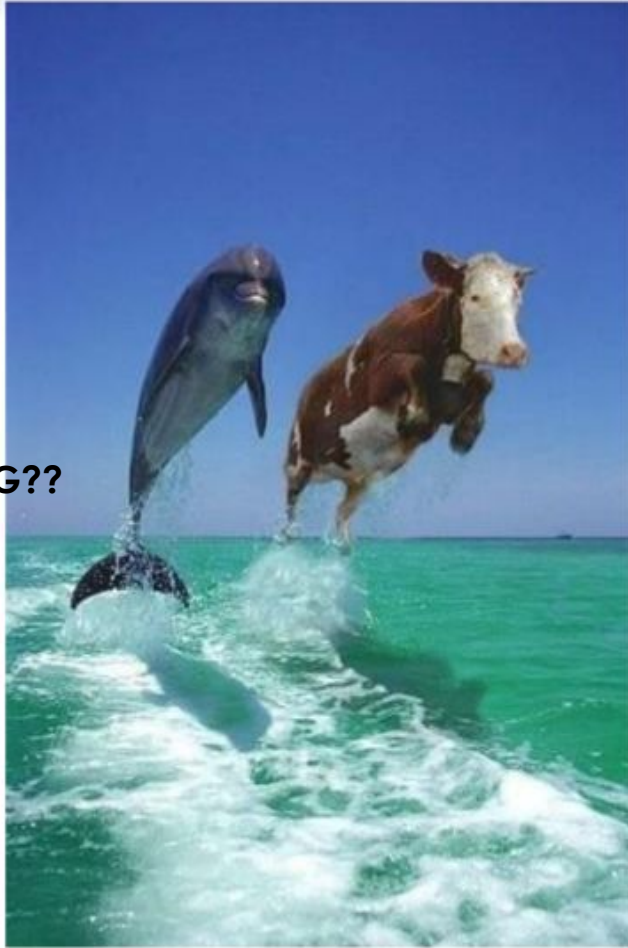
Unlocking Us PODCAST EPISODE #1



Stress affects our motivation – but not necessarily
our ability – to do difficult tasks



**WHAT DO YOU SEE??
DO YOU SEE 2 DOLHINS JUMPING??**



THE DOLPHIN STRESS TEST

Below is a picture of **two dolphins**.

If you can see both dolphins, your stress level is within the acceptable range.



If you see anything other than two dolphins, your stress level is too high ...





THIS IS
NOT NORMAN

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.

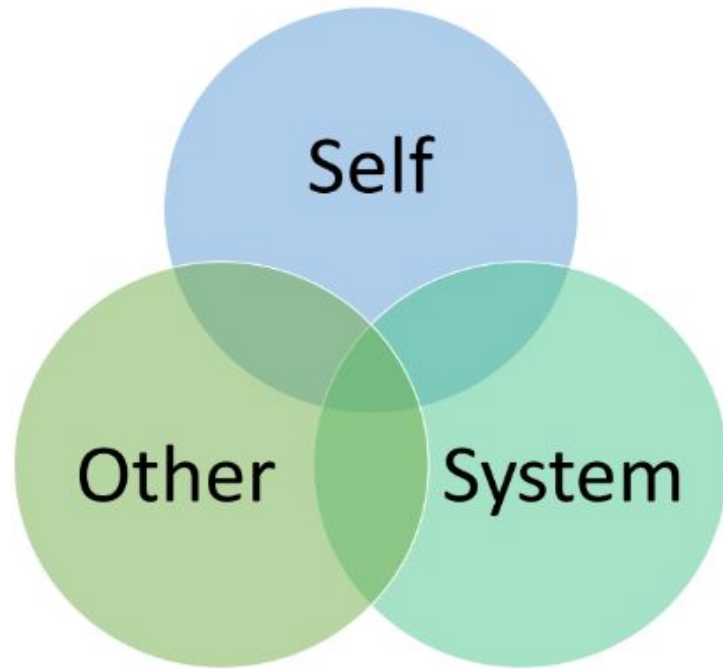
The McGill study revealed that a person under stress would find differences in the two identical dolphins.

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

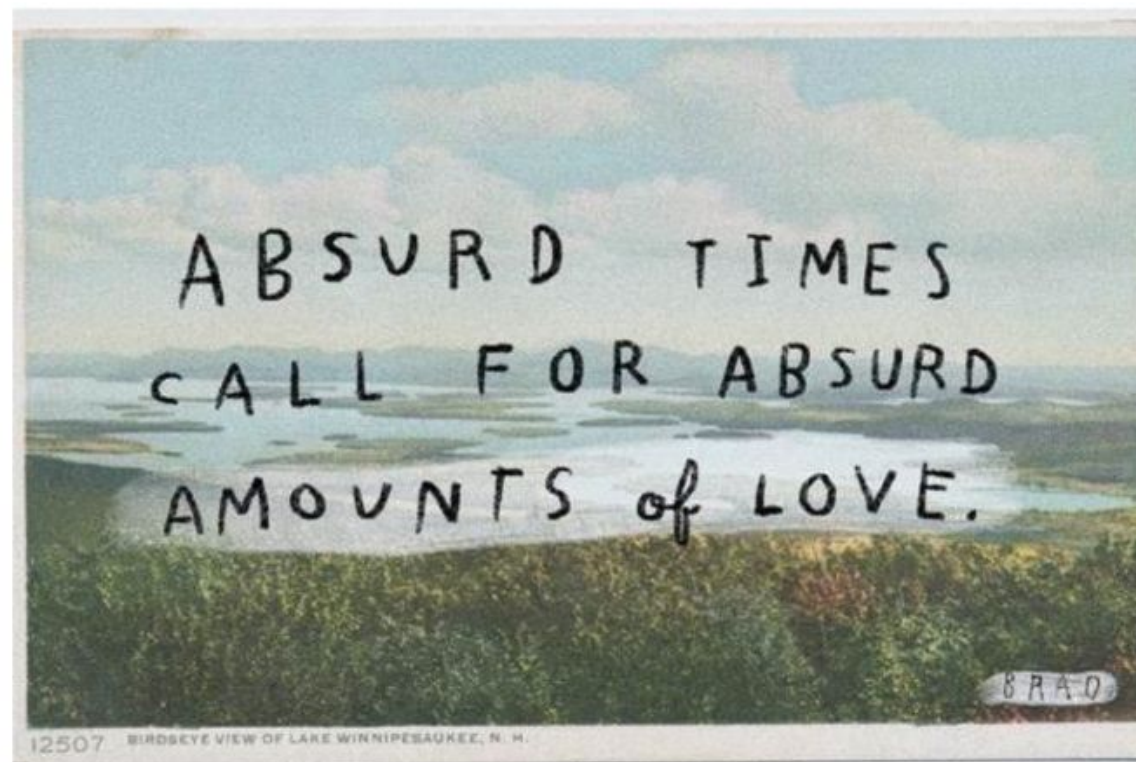
Happiness Myths





Rich full and
meaningful

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



Intention
Setting





ABSURB MEANING - wildly unreasonable, illogical, or inappropriate:

EXAMPLE: "the allegations are patently absurd"

Absurd- the state or condition in which human beings exist in an **irrational** and meaningless universe and in which human life has no ultimate meaning

Thinking

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

Acting

Connect to the
other two

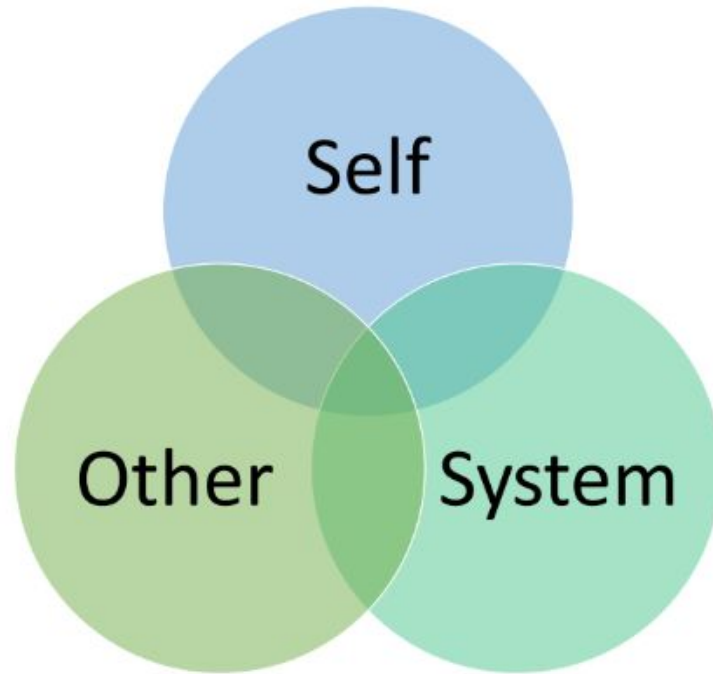
We can even
start from here



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

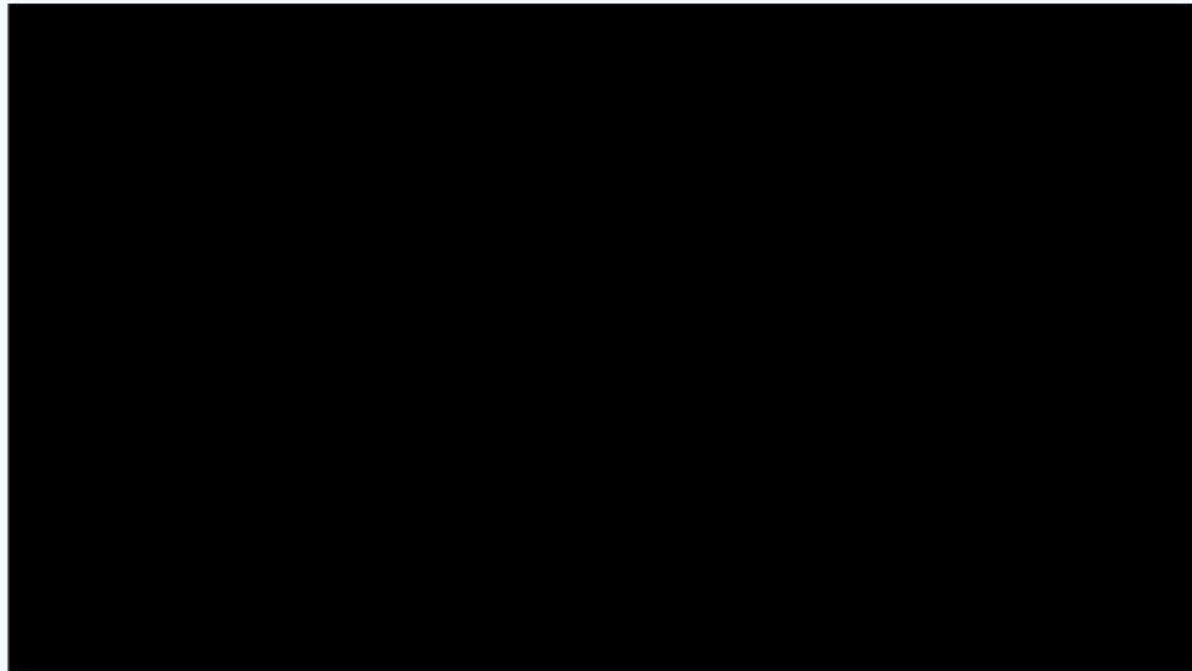
In the workplace

In the community

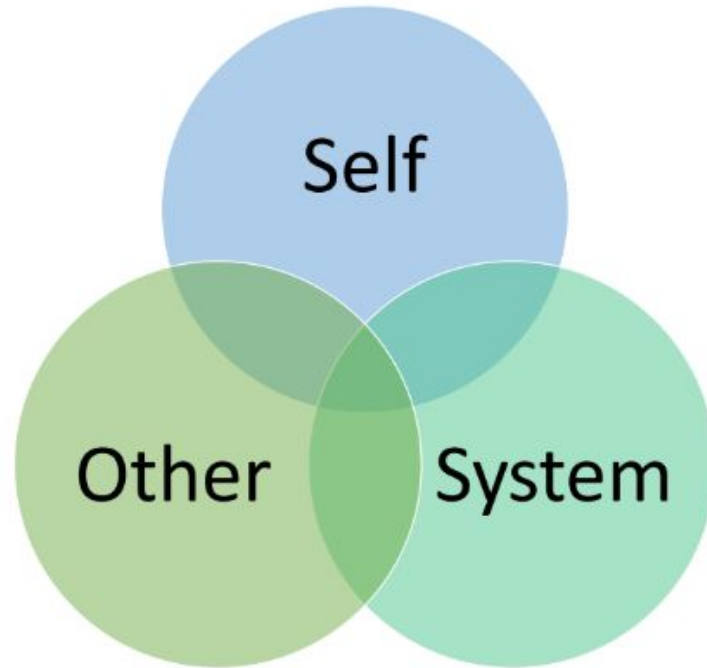
What is it not?

- *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



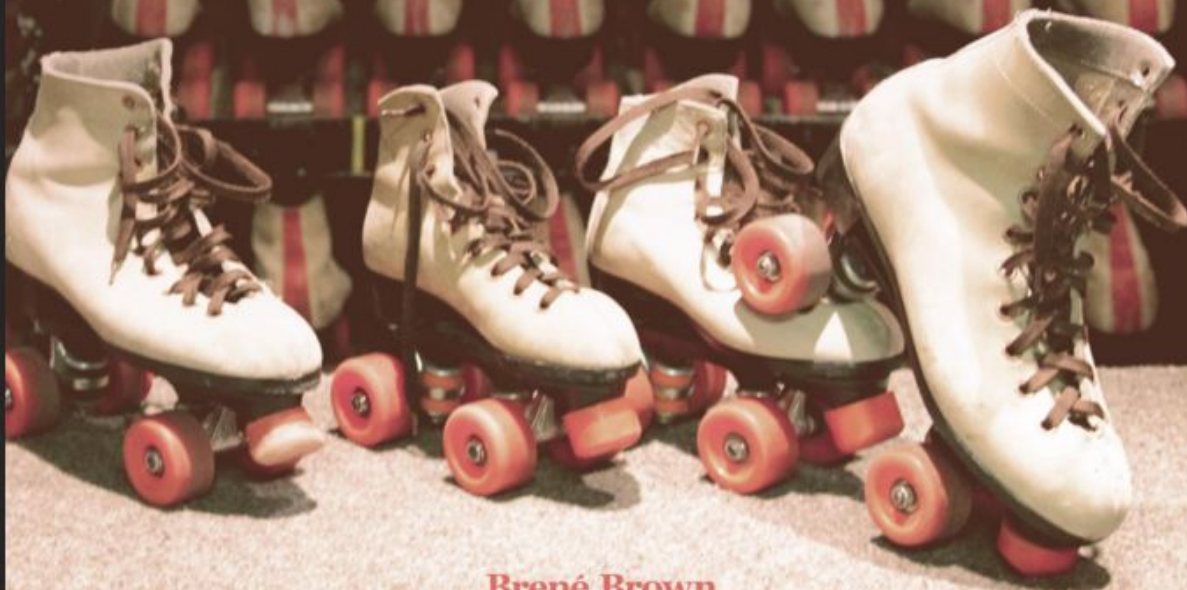
The System

- 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

A rectangular, light-brown wooden tag with a hole on the left side, tied with a black string. The tag is placed on a light-colored, textured wooden surface. In the background, there are several bright green, serrated leaves on thin branches, some in focus and some blurred. The overall scene is bright and natural.

Thank
you!

Social & Emotional Well-being

