

COMMUNITY NEWSLETTER

*SOCIAL AND EMOTIONAL LEARNING (SEL)
& EMOTIONAL MANAGEMENT*



RECOGNIZING & MANAGING EMOTIONS

by Siomara Bridges-Mata, Senior Community Programs Specialist

Recognizing your emotions and learning to manage them is one of the most important skills you can have. Research shows that individuals who are good at noticing how they feel and can calm themselves down or adjust their behavior are more likely to do well in life, have healthy relationships, and manage difficulties and setbacks with more confidence and ease. As you may have learned in Frameworks' [September newsletter](#) titled Social and Emotional Learning (SEL) & Building Emotional Vocabulary, before we can manage our emotions, we must first be able to recognize them by naming and labeling them. When we have the right words for our feelings, it allows us to be more descriptive about the state of our feelings and gives us additional information on how to manage them. *When we can name our emotions, we can claim, tame and not blame our emotions!*

EARLY LEARNING

Emotional management begins in the earliest stage of development. Through crying, smiling, and laughing, babies are communicating their emotions and infants are discovering the world. They notice how everything makes them feel, and making a safe, consistent environment will allow emotional management to grow because they know you will be there for them. As children get older and develop a vocabulary and the need to explore, they will begin to communicate their emotions in new ways. Some will be productive, and some will be less desirable. Your response to their emotions is to stay calm and model the emotions and behaviors that we want them to emulate.

ELEMENTARY SCHOOL

Emotional management is a skill to develop early on in life. When elementary students are learning to manage emotions, they are taking the first steps in monitoring their own emotions and developing the ability to use emotions to guide their reasoning and behaviors. Children who have emotional development skills are better able to pay attention, are more engaged in school and have more positive relationships, and display empathy. Using their emotional intelligence skills allows students to take a more active role in managing their emotions. It is a powerful tool that helps to effectively avoid derailing behaviors.

MIDDLE SCHOOL

Practicing emotional management in middle school can help to provide the student direction and empower them to be successful not only in the future but the present. Middle school students can often encounter strong emotions and there are some tools provided in the newsletter that can help them feel in control. Emotional management can be a particularly challenging skill for tweens and teens - they can experience many changes in this stage of development that can impact their ability to regulate emotions. This can affect their grades, mental health and overall health, and can lead to feeling like they are not in control. Empowering them with healthy coping strategies can allow them to take ownership of difficult emotions.

HIGH SCHOOL

High school brings a whole new set of responsibilities, which can make emotional management difficult. There is significant evidence pointing to emotional management's positive role in helping students deal with stress, develop relationships, and handle the transitions facing them. When teens can recognize and manage uncomfortable emotions and their response to those emotions, we will see a positive increase in their academic life and better equip them to make the transition to higher education.

COPING SKILLS & ACTIVITIES



EMOTIONAL MANAGEMENT SKILLS

by Carolyn Tompkins
SEL Program Specialist

The ability to experience and express emotions plays an important role in our decision-making process, our ability to maintain successful relationships, our day-to-day interactions, and our self-care. While emotions can help us experience life more deeply, they can also take a toll on us when they start to feel out of control. This is why having effective emotional management strategies are key. When we hold our emotions in, we prevent ourselves from expressing and experiencing feelings. Either of these can lead to mental and physical health symptoms including anxiety, depression, sleep issues, muscle tension and pain, difficulty managing stress, and substance misuse. Healthy emotional expression involves finding a balance between overwhelming emotions and no emotions at all.

Some great questions to ask yourself when feeling an intense or uncomfortable emotion are:

- What am I feeling right now?
- What happened to make me feel this way?
- Does the situation have a different explanation that might make sense?
- What do I want to do about these feelings?
- Is there a better way of coping with them?

When we take the time to reflect upon our emotions and take an active role in developing emotional management strategies, we will be able to successfully experience and express our emotions as tools to help us live life fully.

If you are interested in learning more about this topic, read the article "[How to Become the Boss of Your Emotions](#)" (Healthline).

MAKE AN IMPACT

FRAMEWORKS IN THE NEWS

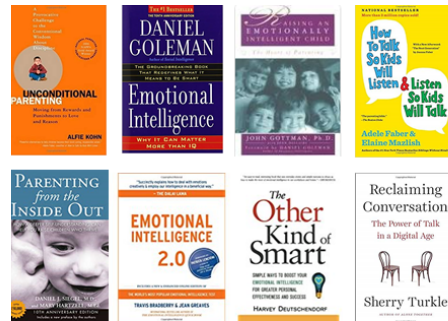
EFFECTIVELY MANAGING EMOTIONS

by Lauren Reneau
SEL Assistant

The benefits of effectively managing your emotions are clear, but sometimes it can seem easier said than done. A stressful day at work, adverse life situations, and everyday problems can lead us to familiar, yet unhealthy coping strategies to deal with our emotions. The goal is to swap out these less effective coping strategies and create a toolbox of healthy, sustainable strategies for you to pull from when experiencing uncomfortable emotions. Not every strategy will work for every situation and emotion, which is why it's so important to have various options.

Here are a few examples of strategies for you to try to effectively manage your emotions in a more productive way:

- **Label your emotion:** Naming and welcoming an uncomfortable emotion will not only reduce the intensity, but will allow you to acknowledge what you are feeling.
- **Practice mindfulness breathing:** This is beneficial to do every day, not only during difficult moments. This practice will decrease stress and calm you down.
- **Get up and move:** Depending on what you have time for, this can be as simple as getting up from your desk, stretching, going for a walk, or finding an exercise routine that meets your needs.
- **Check in with your body:** Do a body scan and take note of where you are holding tension. Incorporate progressive muscle relaxation, a technique where you tense each muscle group and release it, starting from the top of your body all the way to your toes, leaving you feeling more relaxed.
- **Talk to someone:** Rather than suppressing or holding in your emotions, talk to someone you trust to express and validate your feelings. Emotional support and positive communication can help resolve the situation.
- **Self-compassion:** Practice regular self-care including eating healthy, getting enough sleep, and having a productive daily routine that is balanced. You can also include positive self-affirmations, gratitude journaling, and things that make you smile, laugh, and feel at ease.

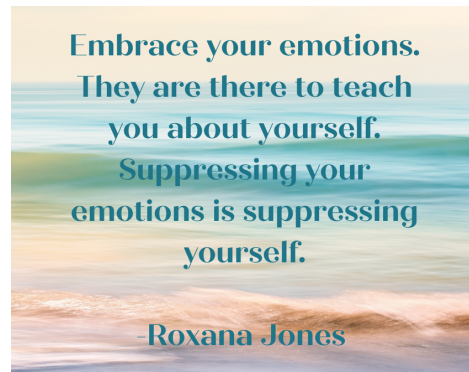


RESOURCES AND READINGS

by Brian Schank
Senior SEL Program Specialist

Managing your emotions is a skill that must be learned. It is also a lifelong process to be in touch with and manage your emotions. Life changes, age, and other factors influence our emotions and how we may react to them. It is important to have tools for managing our emotions, go-to skills that we know work for us when confronted with comfortable and uncomfortable emotions. Below are two resources for helping us fill our toolbox for handling our emotions as adults and when working with kids. Find what works best for you, it is your toolbox.

- "[Teaching Feelings & Emotions: 30+ Emotional Literacy Activities & Resources](#)" (Childhood 101).
- "[Emotional Management](#)" (UT Dallas).



To access free resources or purchase resources for home, classroom, or office use visit www.myframeworks.org



UPCOMING EVENTS

Tampa Oyster Fest 2021

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www.tampaoysterfest.com

for Tickets
and Information



October 2021

SAVE THE DATE
Frameworks

2022 Head & Heart Luncheon

FEATURING KEYNOTE SPEAKER
ARTHUR BROOKS

ARMATURE WORKS | APRIL 21, 2022




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