MANAGING SOCIAL EMOTIONAL WELL BEING

Social-emotional Support In Crisis Contexts For Learners, Parents And Education Personnel
WHAT IS GOING ON

WHAT IS THE IMPACT

EDUCATORS - Rapidly adapting

PARENTS - struggling to meet the challenges of home schooling while juggling work and community obligations

CHILDREN - insecurity of isolation and uncertainty.

STRESS
MANIFESTATIONS OF STRESS

- Lack of INNER PEACE
- Inability to focus
- Disruptive behaviours
- Low productivity and poor performance
- Decline in quality of interpersonal relationships
- Increased absenteeism
Here are ways in which some key body systems react.

1. **NERVOUS SYSTEM**
   When stressed — physically or psychologically — the body suddenly shifts its energy resources to fighting off the perceived threat. In what is known as the “fight or flight” response, the sympathetic nervous system signals the adrenal glands to release adrenaline and cortisol. These hormones make the heart beat faster, raise blood pressure, change the digestive process and boost glucose levels in the bloodstream. Once the crisis passes, body systems usually return to normal.

2. **MUSCULOSKELETAL SYSTEM**
   Under stress, muscles tense up. The contraction of muscles for extended periods can trigger tension headaches, migraines and various musculoskeletal conditions.

3. **RESPIRATORY SYSTEM**
   Stress can make you breathe harder and cause rapid breathing — or hyperventilation — which can bring on panic attacks in some people.

4. **CARDIOVASCULAR SYSTEM**
   Acute stress — stress that is momentary, such as being stuck in traffic — causes an increase in heart rate and stronger contractions of the heart muscle. Blood vessels that direct blood to the large muscles and to the heart dilate, increasing the amount of blood pumped to these parts of the body. Repeated episodes of acute stress can cause inflammation in the coronary arteries, thought to lead to heart attack.

5. **ENDOCRINE SYSTEM**
   Adrenal glands
     When the body is stressed, the brain sends signals from the hypothalamus, causing the adrenal cortex to produce cortisol and the adrenal medulla to produce epinephrine — sometimes called the “stress hormones.”
     Liver
     When cortisol and epinephrine are released, the liver produces more glucose, a blood sugar that would give you the energy for “fight or flight” in an emergency.

6. **GASTROINTESTINAL SYSTEM**
   Esophagus
     Stress may prompt you to eat much more or much less than you usually do. If you eat more or different foods or increase your use of tobacco or alcohol, you may experience heartburn, or acid reflux.
   Stomach
     Your stomach can react with “butterflies” or even nausea or pain. You may vomit if the stress is severe enough.
   Bowels
     Stress can affect digestion and which nutrients your intestines absorb. It can also affect how quickly food moves through your body. You may find that you have either diarrhea or constipation.

7. **REPRODUCTIVE SYSTEM**
   In men, excess amounts of cortisol, produced under stress, can affect the normal functioning of the reproductive system. Chronic stress can impair testosterone and sperm production and cause impotence.
   In women, stress can cause absent or irregular menstrual cycles or more painful periods. It can also reduce sexual desire.
DEFINED EXPECTATIONS

1. Coping skills and emotional resilience
2. Maintaining individual well being
3. Stay healthy and positive, navigate emotions, practice mindful engagement, exhibit pro-social behavior and cope with daily challenges.
4. Caring for others
5. Cooperation and collaboration
6. Preparedness
7. Equity and inclusion
8. Address emergency situations with calm and emotionally regulated responses
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<tr>
<th></th>
<th>Contemplation</th>
<th>Physical Intelligence</th>
<th>Emotional Intelligence</th>
<th>Conversational Intelligence</th>
<th>Spiritual Intelligence</th>
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<tbody>
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<td><strong>Well being</strong></td>
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<td><strong>Coping skills &amp; resilience</strong></td>
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<td><strong>Navigating &amp; Managing Emotions</strong></td>
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CONTEMPLATIVE PRACTICES

A few ways of Cultivating INNER PEACE

- Contemplative Art
- Nature walks
- Meditation
- Journalling

- https://www.mindfulschools.org/about-mindfulness/research-on-mindfulness/
EMOTIONAL INTELLIGENCE
... building relationships
EMOTIONAL INTELLIGENCE
EMOTIONAL INTELLIGENCE
EMOTIONAL INTELLIGENCE
CONVERSATIONAL INTELLIGENCE® C-IQ

• Prime for Trust
• Listen to Connect
• Ask questions for which you have no answers
• Double-click
• Sustain Conversational Agility
## SQ21 Skills of Spiritual Intelligence

<table>
<thead>
<tr>
<th>1. Self / self Awareness</th>
<th>2. Universal Awareness</th>
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<tbody>
<tr>
<td>1. Awareness of own worldview</td>
<td>6. Awareness of interconnectedness of life</td>
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<tr>
<td>2. Awareness of Life Purpose (Mission)</td>
<td>7. Awareness of worldviews of others</td>
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<td>3. Awareness of Values Hierarchy</td>
<td>8. Breadth of Time perception</td>
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<td><strong>5. Awareness of Ego self/Higher Self</strong></td>
<td><strong>10. Awareness of Spiritual Laws</strong></td>
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<td>6. Awareness of interconnectedness of life</td>
<td>11. Experience of transcendent oneness</td>
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<td>12. Commitment to spiritual growth</td>
<td>17. Wise and effective teacher / mentor</td>
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<td><strong>13. Keeping Higher Self in charge</strong></td>
<td>18. Wise and effective leader / change agent</td>
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<td>14. Living your purpose and values</td>
<td>19. Makes Compassionate AND Wise decisions</td>
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<td>15. Sustaining faith in tough times</td>
<td><strong>20. A calming, healing presence</strong></td>
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Thank You

- MANAGING SOCIAL EMOTIONAL WELL BEING
- DEVELOPING INNER PEACE
- BECOMING FULLY INTELLIGENT
TYPES OF CONTEMPLATIVE PRACTICES

- **Stillness Practices**
  - Meditation
  - Quieting the Mind
  - Silence
  - Centering

- **Creative Practices**
  - Contemplative Arts
  - Improvisation
  - Music and Singing
  - Journaling

- **Generative Practices**
  - Lectio Divina
  - Visualization
  - Beholding
  - Loving-Kindness Meditation

- **Relational Practices**
  - Council Circle
  - Dialog
  - Deep Listening
  - Storytelling

- **Ritual/Cyclical Practices**
  - Ceremonies and Rituals based in Spiritual or Cultural Traditions
  - Establishing a Sacred/Personal Space
  - Retreats

- **Activist Practices**
  - Pilgrimage to areas social justice sites
  - Work & Volunteering
  - Vigils and Marches
  - Bearing Witness

- **Movement Practices**
  - Labyrinth Walking
  - Walking Meditation
  - Yoga
  - Dance
  - Qigong
  - Aikido
  - Tai Chi Chu’an

(From The Tree of Contemplative Practices (contemplativemind.org))