



SOCIAL EMOTIONAL WELLNESS STRATEGIES IN HS

For incoming 9th graders

What is wellness?



Overall wellness is important as teens are discovering their identities and their place in the world. Students learn best when they are well.

- Intellectual: expanding knowledge and skills, critical thinking
- Social: positive connections, support
- Emotional: managing stress and emotions, mental health, resiliency
- Physical: nutrition, sleep, physical activity
- Spiritual: finding purpose and meaning, balancing work/leisure, values and morals

What is social emotional learning?



© CASEL 2017

Social and emotional learning (SEL) is the process through which children and adults acquire and effectively apply the knowledge, attitudes, and skills necessary to understand and successfully navigate the world around them.

Social Emotional Wellness Strategies

- Building protective factors
- Listening
- Manage your reaction
- Model behavior
- Nurture self-esteem
- Foster growth mindset
- Practice coping skills
- Encourage study skills
- Access school support services

Building Protective Factors

Personality traits or environmental qualities that can encourage wellness and reduce risks.

- Provide structure, limits, rules, monitoring, and predictability
- Set clear expectations for acceptable behaviors and values
- Talk openly and positively about mental health
- Model positive coping skills and healthy outlets



Listening

Warm communication and active listening improves communication and builds positive relationships

- Give your full attention and show that you are interested
- Concentrate on what your teen is saying rather than thinking about what you're going to say next
- Listen without interrupting
- Refrain from jumping to judgement, assumptions, or advice
- Acknowledge and summarize the words and feelings of the message



Manage Your Reaction

Navigating tough conversations and circumstances can be difficult for both parents and teens.

- Give yourself permission to be human
- Talk to a supportive person before and debrief after
- You don't have to be an expert or have all the answers
- Seek support when needed.



Model the behavior you seek

Parents still hold significant influence over values, habits, attitudes, and choices.

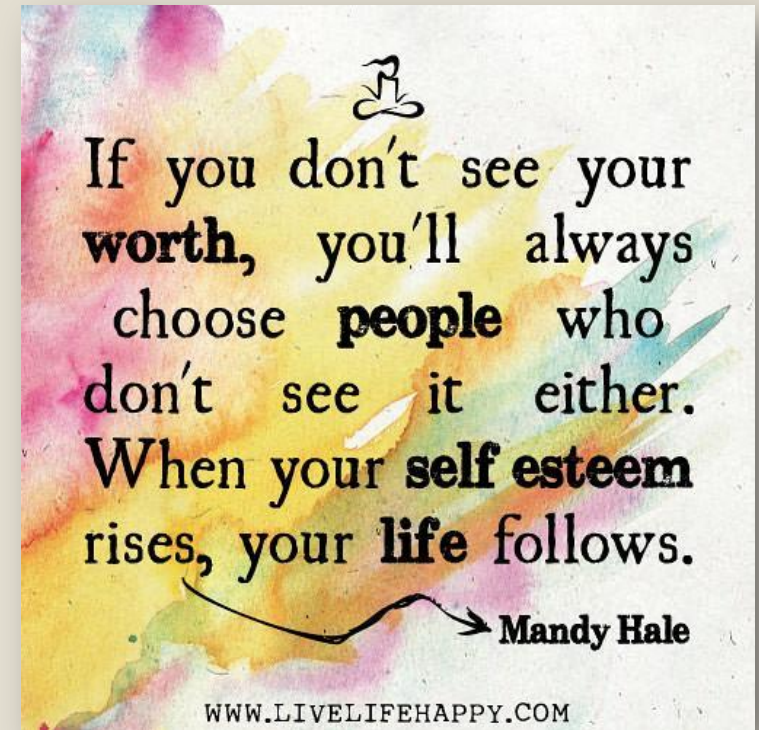
- Treating others with respect and kindness
- Share how you are feeling
- Problem solving--practicing compromise, valuing their input, and apologizing when needed
- Show gratitude



Nurture self esteem

Confidence levels often plummet in High School.

- Help your teens to focus on their strengths instead of highlighting their weaknesses.
- Encourage teens to:
 - know their own likes and dislikes
 - express their own opinions
 - discover new interests
 - know their boundaries



Foster a growth mindset

GROWTH MINDSET

Is Freedom

Persevere in the face of failures
Effort is required to build new skills
Find inspiration in others success
Embrace challenges
Accept criticism
Desire to learn
Build abilities

FIXED MINDSET

Is Limiting

Avoid challenges Give up easily
Threatened by others success
Desire to look smart
Effort is fruitless
Ignore feedback
Fixed abilities

Foster a growth mindset

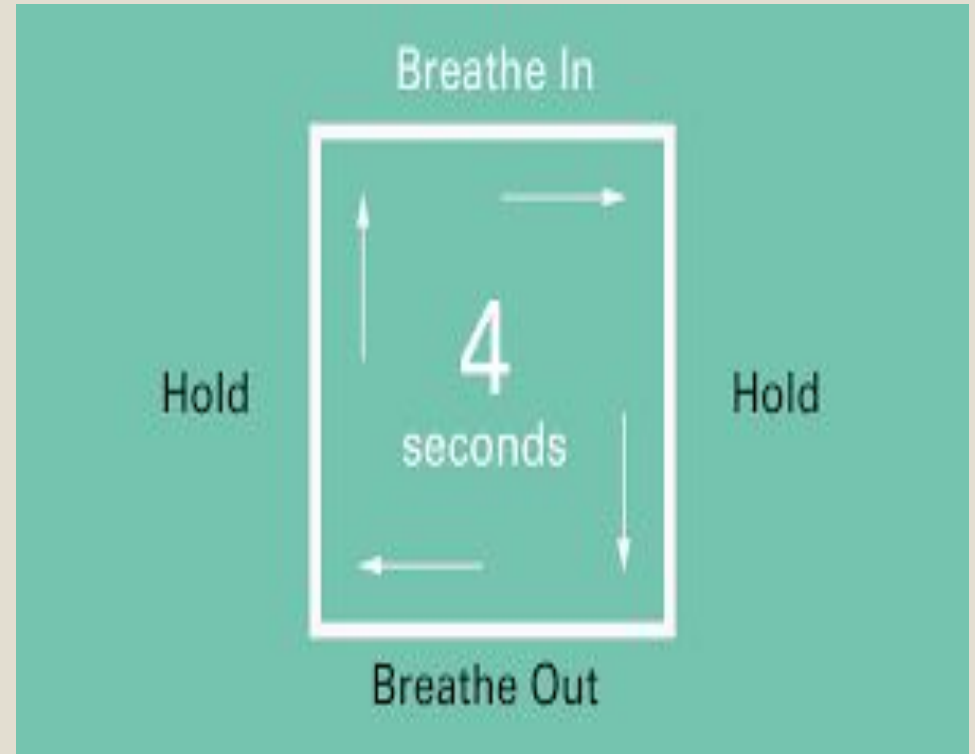
- Normalize mistakes and setbacks – this is how we learn
- Encourage self-reflection
- Give opportunities for growth, independence, and second chances.
- Be careful about avoidance—it can often delay a problem or make it worse.
- Keep things in perspective
 - a bad day doesn't make everything bad



Practice and encourage coping skills

Healthy strategies that helps us manage our reaction to life's stressors.

- Allowing healthy expression of emotions
- Calming music
- Time with family/friends
- Exercise and movement-
 - walk, run, hike, lift weights
- Grounding
- Focus on what you can control
- Breathing techniques
 - 5 finger breathing, square breathing



Good study skills can reduce stress

- Students need have a time and place to study
- Students should check school email daily
- Check SIS gradebook with them and discuss assignments, attend conferences
- Students may need help studying for tests and quizzes
- Using a planner can help them prioritize assignments
- Support executive functioning: help break down tasks, prioritize tasks, organize spaces



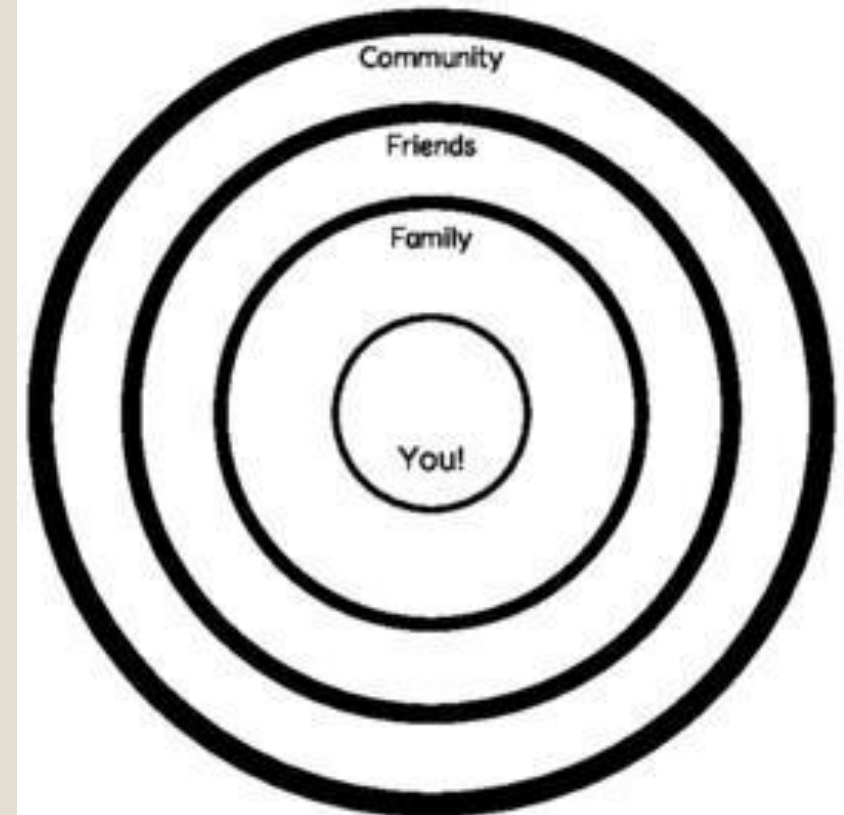
Take advantage of supportive services

Remember that no matter how close you are to your child, they may be more comfortable discussing a troubling situation with another trusted adult.

- Teachers
- School Counselors
- School Therapists
- Community Supports

CIRCLES OF SUPPORT

*Who do you rely on for support?
In what ways do these people help you?*



Who is outside your circle?

+
RESOURCES

RAINN
800-656-HOPE(4673)

+ THE **TREVOR** PROJECT
Saving Young LGBTQ Lives
1-866-488-7386

CRISIS TEXT LINE |
Text ACT to 741741

+

CHADS
Coalition
FOR Mental Health
COMMUNITIES HEALING ADOLESCENT
DEPRESSION AND SUICIDE
www.chadscoalition.org
314-952-8274

+

988
SUICIDE
& CRISIS
LIFELINE

There are additional mental health resources available on the [MHS Counseling Department's website](#)

Resources / Sources

- <https://casel.org/fundamentals-of-sel/what-is-the-casel-framework/>
- <https://www.aspeninstitute.org/publications/practice-base-learn-supporting-students-social-emotional-academic-development/>