



Maintaining MENTAL & BEHAVIORAL WELLNESS

Virtually

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Social and Emotional Learning (SEL) Strategies and Tips for Virtual Environments: How We Can Build and Maintain Self and Social Awareness, Self-Management, and Decision-making Skills to Manage Feelings/Emotions and Build Positive Relationships



Stress can be defined as the physical, behavioral and mental responses we have to a perceived threat to our safety and well-being.



As stress Goes Up



Amount of information we can handle Goes Down

Messages about safety and security should be:

S _____

S _____

A _____

Social emotional learning competencies can help us regain an improved sense of calm and certain aspects of control. We can use the current health crisis as an opportunity to teach and reinforce the SEL core competencies in Adults and Children. The 5 Social and Emotional Learning Competencies were derived from the Collaborative for Academic, Social, and Emotional Learning (CASEL, casel.org).

Self-Awareness	Self-Management	Relationship Skills	Social Awareness	Responsible Decision Making
<ul style="list-style-type: none"> •Recognize your own emotions, strengths and limitations, and build self-confidence. •Teach: Recognition of emotions, reassuring natural responses, recognizing strengths, offering praise and reinforcement •Model: Emotional control, and calm responses. 	<ul style="list-style-type: none"> •Manage your stress, control your impulses, and motivate oneself. •Teach: Importance of thinking before acting or reacting, talk about feelings, use of mindfulness and relaxation strategies, and goal setting. •Model: Emotional control and managing your daily stresses. 	<ul style="list-style-type: none"> •Communicate clearly, listen well, cooperate with others, and negotiate conflict constructively. •Teach: Ways to improve communication through listening and cooperating with others, reinforce relationship building, communication of thoughts and feelings, and use of reflecting statements. •Model: Problem solving skills, positive communication, and listening to others. 	<ul style="list-style-type: none"> •Taking the perspective of and empathizing with others. •Teach: Acknowledging and discussing differences and the feelings of others, and discussions about similarities and appreciation of differences. •Model: Acknowledgment of others beliefs and differences, and display respect for diversity of others. 	<ul style="list-style-type: none"> •Make constructive choices about personal behavior and social interactions, and to engage in problem-solving. •Teach: Effective problem-solving through identification of the problem and the small steps to address each part of the problem. •Model: Provide reinforcement to make decisions about safety, and steps to tackle a problem.

Think of one of the 5 SEL Competency Areas that we covered today: Self-Awareness, Self-Management, Social Awareness, Relationship Skills, and Responsible Decision-Making Skills. Which area or areas can you build skills in and get started today!

Information for today's session was obtained from various sources:

Gibson, S 2020, 'Using Social Emotional Learning to Help in Times of Stress Coronavirus Disease 2019 (COVID-19), *Hull Services*, accessed 20 March 2020, <<https://hullservices.ca/our-services/education-training-and-resources/covid-19-mental-health-resources/>>.

Black, D 2020, 'Guidance for Talking with Children and Young Adults About COVID-19, *SEL4TX*, accessed 20 March 2020, <<https://4.files.edl.io/ef64/03/17/20/194556-c2a9d577-2aa2-4c73-9a25-1041ac402516.pdf>>.

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