

Mindful Monday - October 5, 2020

Dear Briarwood Families,

Last week, we discussed the idea of emotional wellness and the importance of taking opportunities to model emotional wellness with your student. Emotional wellness is an essential part of our wellbeing; it can affect our mental and physical health and impact our relationships throughout our lives.

Emotional wellness is also a skill and just like any other, we have to practice in order to develop and maintain it. Here are some ideas for how to help your student build their emotional wellness skills.

- If they don't already know the names for their emotions, help give your child the words. It's important to ask - not assume - how they feel. You might say, "Are you feeling hurt about not being invited to that party?" instead of, "You must feel hurt about not being invited."
- On that note, there are so many different words to describe the ways you or your student may feel. Being able to effectively describe how we are feeling is an important part of emotional wellness. See the attached feelings wheel for some more specific words that go beyond just "happy" or "sad".
- Teach and model coping skills. Activities like yoga, art, writing in a journal or going for a walk are just a few ways to deal with emotions in a healthy way.
- Empower your child to be a problem solver. Learning how to solve their own problems can boost kids' self-esteem and lower stress. If your child is dealing with a conflict, ask how they think it should be resolved. Give your child the chance to fix it their way, and when you follow up, ask permission before sharing your advice.

As we continue to work on building emotional wellness skills at school, take some time this week to intentionally practice emotional wellness at home. Remember, just like with any skill, emotional wellness takes practice before it comes easily!

Take Care,

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EMOTION & FEELING WHEEL

