

COUNSELOR'S CONNECTION

MARCH
EDITION

SELF-MANAGEMENT!

At the UES, we teach social-emotional learning, and one of the pieces of SEL is self-management. Self-management is the ability to manage one's emotions, thoughts, and behaviors effectively in different situations to achieve goals and aspirations. Self-management includes daily self-care routines and having some coping skills in our "toolbox" for when we are feeling overwhelmed. Some examples of these are below!

- Getting a **good night sleep!** For 6-12 year olds, the CDC recommends 9-12 hours a night. **Turning off screens** 30 minutes before bedtime can improve sleep.
- **Stay hydrated** and **eat healthy** foods.
- **Exercise!** Research shows that exercise correlates with a positive mood and decreased anxiety and depression.

5 - 4 - 3 - 2 - 1 GROUNDING TECHNIQUE

A calming technique that connects you with the present by exploring the five senses.



5

things
you can
see



4

things
you can
touch



3

things
you can
hear



2

things
you can
smell



1

thing
you can
taste

healthy Self-Talk



THIS

NOT THAT

✓ Whoops. I made a mistake.	✗ I'm so stupid.
✓ I like me.	✗ No one likes me.
✓ I did something bad.	✗ I'm a bad person.
✓ This is really hard, but I'm going to keep trying.	✗ I give up. I'll never be able to do this.
✓ I haven't figured it out...yet.	✗ I never get anything right.
✓ I am enough. And worthy, too.	✗ I'm not good enough.

- **Spend time with people that make you happy** and engage in social activities that bring you joy.
- **Take time for yourself!** Try activities such as journaling, drawing, art, and listening to music.
- Use **Positive Self-Talk!** Balance any negative opinions or judgmental thoughts you have with more encouraging and reassuring opinions and thoughts.
- Try **grounding techniques** when feeling anxious or overwhelmed. This technique uses all of your senses to bring your mind back into the present moment (see image above).