

COUNSELOR CORNER

SOCIAL-EMOTIONAL LEARNING

Social Emotional Learning (SEL) is proven to equip students with the personal and interpersonal skills that they need to succeed in school, career, relationships, and life.

Reflect on the following SEL skills:

- **Self-Awareness**—My recognition of who I am, what I need and how I feel relative to the world around me.
- **Self-Management**—My ability to manage my emotions and behaviors, to complete a task or succeed in a challenging situation.
- **Social Awareness**—My demonstration of consideration for others and a desire to positively contribute to my community.
- **Relationship Skills**—My ability to use positive communication and social skills to interact effectively with others.
- **Decision Making**—My approach to problem solving that involves learning from others, from past experiences and using my values to guide my action and accepting responsibility for my decisions.

Research in neuroscience has proven that the brain has “plasticity,” meaning it can grow new synapses through repetition. Research has also identified that different areas of the brain control various functions.

As a crucial example, severe negative emotional reactions are located and stimulated in an evolutionary-older part of the brain around the reactive amygdala, while patience, elevated comprehension, empathy and understanding are functions of areas of the brain that evolved later in human development.

Here is a great video on the impact of SEL on the brain:

[Heart-Brain Connection](#)

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MONTHLY QUOTE

"The saddest people I've ever met in life are the ones who don't care deeply about anything at all. Passion and satisfaction go hand in hand, and without them, any happiness is only temporary, because there's nothing to make it last.

- Nicholas Sparks

EMOTIONAL ROLLERCOASTER

Engaging in acts of kindness has been scientifically proven to enhance both mental and physical health. Performing kind deeds releases feel-good hormones like oxytocin and serotonin, which help reduce stress and increase happiness. Regularly practicing kindness can lead to lower blood pressure, improved mental health, and even increased lifespan. By making kindness the norm, we not only uplift others but also promote our own well-being.

Quick Stats:

- **Stress Reduction:** Consistently kind individuals have 23% less cortisol (the stress hormone) and age slower than the average population.
- **Enhanced Mental Health:** Engaging in acts of kindness produces endorphins, the brain's natural painkiller, leading to decreased pain and improved mood.
- **Increased Happiness:** A 2020 survey found that 63% of adults reported improved mental health when kindness was shown to them, and the same percentage experienced mental health benefits from being kind to others.

For more info on being kind to yourself, click this link: [Kindness](#)