

Be Well This Month

Care for Our Social and Emotional Well-Being

January 2025

Happy New Year!

This monthly email shares information and resources for supporting social emotional learning (SEL) and well-being at home and work.

Be well, the Student Support Services Team



This month's content addresses Goal 1 of [New York's Social Emotional Learning Benchmarks](#), which focuses on **developing self-awareness to nurture and affirm a strong sense of identity, to inform decisions about actions, and to build a sense of agency.**

How Self-Compassion Can Help You Deal With Stress

By Elizabeth Hopper



“While we may have heard that it’s important to treat ourselves with kindness, sometimes this is easier said than done, especially when we’re under stress. When we’re facing challenging circumstances, we may fall back into less productive thought patterns, like ruminating or blaming ourselves. We may even worry that we’re going too easy on ourselves or being selfish if we practice self-kindness. However, new research is finding that these worries seem to be misplaced: It turns out that practicing self-compassion in stressful times may help us tackle problems more effectively.” Read more about how practicing self-compassion positively impacts your well-being in [How Self-Compassion Can Help You Deal With Stress](#) on Greater Good Magazine.

The Importance of Creative Expression and How to Get Started

By Diana Hill

“You tell yourself you don’t have enough time, that it’s too late, or that you are too old. Or, maybe you hold back because you think you aren’t good enough. You too have a box of art supplies, an instrument case, a list of classes, or a good idea that you have been lugging around for years. Or, maybe you are already doing it, but only doing it half way. If you made a list of all the ideas you’ve had but never pursued, the activities you loved but put on the back burner, or artistic pursuits that you’ve always wanted to try, but never had the courage—what would rise to the surface?” Consider this question and explore your creative courage in [The Importance of Creative Expression and How to Get Started](#) on [mindful.org](#).



The Power of Little Things: How to Find Joy in the Everyday

By Robyne Hanley-Dafoe Ed.D.



“There’s a quote by the brilliant Jon Kabat-Zinn that goes like this: ‘The little things? The little moments? They aren’t little.’ This resonates deeply with me. It’s the seemingly small, everyday moments in between all of the big moments that create this heartsong for me. They are the moments that just light me up and fill my soul. I am a collector of precious moments. When I was little, I used to be gifted these little hand-painted porcelain figurines that just so happened to be called ‘Precious Moments.’ They were gifted to me by my mother. After I lost her, I knew I would never get a Precious Moment again. So, I set the intention of seeking out and creating precious moments of my own. I did this same practice with my kids when they were little. Each morning, I would send them out with their quest to find a precious moment—something that made them smile or brought them joy. This meant that each day, they would

go out into the world looking for the good. And at the end of the day, we would report back and share our precious moments with one another.” How can you be more aware of and present for these moments? Find out in [The Power of Little Things: How to Find Joy in the Everyday](#) on PsychologyToday.com.

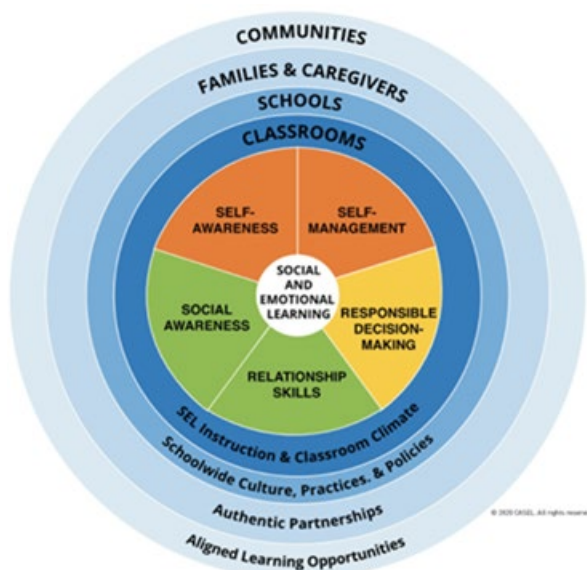
A Healthier You: A 5-step guide to better doctor visits

With Dr. Shoshana Ungerleider

“On TED Health, Dr. Shoshana Ungerleider is taking you on a special journey to embrace your healthiest self... Up first: how to advocate for yourself. The doctor’s office can be an intimidating place, and it can leave patients confused or worried. But it doesn’t have to be like that! In this episode, Shoshana shares how she’s navigated a recent medical experience and breaks down some key strategies to use at the doctor’s office to get the care you need — and deserve.” Listen to the TED Health episode [A Healthier You: A 5-step guide to better doctor visits](#) on TED.com.



A Healthier You: A 5-step guide to better doctor visits



Social and emotional learning (SEL) is an integral part of education and human development. SEL is the process through which all young people and adults acquire and apply the knowledge, skills, and attitudes to develop healthy identities, manage emotions and achieve personal and collective goals, feel and show empathy for others, establish and maintain supportive relationships, and make responsible and caring decisions.

SEL advances educational equity and excellence through authentic school-family-community partnerships to establish learning environments and experiences that feature trusting and collaborative relationships, rigorous and meaningful curriculum and instruction, and ongoing evaluation. SEL can

help address various forms of inequity and empower young people and adults to co-create thriving schools and contribute to safe, healthy, and just communities.

[Collaborative for Academic, Social, and Emotional Learning, 2020](#)

Find more [resources for Social and Emotional Learning](#) on our website. We welcome your feedback about SEL or this newsletter at studentsupportservices@nysed.gov.