

# High School Workshop: **Building Emotional Wellness: *Inner Resilience***

January 29, 2009

## Key Take-Aways

The purpose of this session is for high school educators and school personnel to strengthen their skills in emotional intelligence by nurturing their sense of purpose and vision and by creating opportunities for personal renewal and self reflection.

- All you have when you close the door is you.
- The important thing is to notice when you aren't present so as to bring you back.
- We need to be our own best friend – then you can find your second best friend.
- Self care is important. It's all about fine tuning the instrument.
- The brain is like a muscle that needs to be developed and nourished.
- Stress is not the things that happen, it's the way we take in and deal with the things that happen, this has everything to do with our emotional management.
- Your body and brain respond to your perception of stress, this response (fight or flight or freeze response) is triggered by external and internal events (internal events meaning the negative thoughts we have, the way we perceive stress).
- Neuroplasticity – the brain responds to environmental factors and creates new pathways (responds to) life events in brain structures – new skills can be learned, this is an important fact to share and explain to others, scientific proof/validation of the criticality of our work.
- Science behind Character Education (CE), Linda's view of the connection between CE and Social Emotional Learning (SEL) – as you develop skills they can become traits, this behavior becomes your modus operandi, skill building has to get to the trait, when you embody the trait you can claim it is a part of your character.
- Increased self awareness and self understanding — the greater the ability to relax your body — leads to increased concentration which is critical to learning and it also helps you deal with stress more effectively (helps you learn a more relaxed way to respond to stress) and this give you greater control over your thoughts and how they affect your emotions.

**Imagine...** finding the strength and resilience needed to deal with all areas of life —  
within yourself.