

Frameworks EQ COMMUNITY NEWSLETTER™

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EMOTIONAL INTELLIGENCE (EQ) & SUMMER SELF-CARE



SUNNY DAYS + COOL NIGHTS = SUMMERTIME!

by Caitlin Castro, Education Program Specialist-Grants Coordinator

The teaching profession requires an immense level of personal investment, time, and dedication. As a teacher, you maintain a steady and demanding pace throughout the school year. As summer approaches, it can be the perfect time for educators to unwind and relax before gearing up for another school year. Make yourself a priority this summer, not only for you but also for your students when they return in August. When you invest time in yourself, you are showing your family, friends, colleagues, and students the importance of putting yourself first. In turn, your loved ones will receive the best YOU! You are also modeling how to be mentally, emotionally, and physically present, and taking the time for your health allows you to reach that goal. Most of all, take this summer to invest in your needs and wants—you deserve it!

EARLY LEARNING

Self-care can start in the early preschool years. Parents can model self-care to toddlers and Pre-K children through a variety of modeling techniques. You can model to your young child when and why you are practicing self-care. For example, “Daddy worked hard this week and is tired- so I am going to take a bath to calm down and relax.” Another way to show young children what self-care means is to show them through books, movies, and other sources how people take care of themselves. For example, when reading to your child, point out how characters are managing stress and what they are doing to relax and stay calm. Start early to show your children how important it is to take care of yourself and how to handle getting upset and calming down.

ELEMENTARY SCHOOL

Elementary school children are at an age where you can not only model what self-care looks like but also explain to them why it is so important. Now at this age, you can set aside time each day, especially during this summertime, to have children practice self-care daily (and provide choices for them to pick from). This will help children figure out what works best for them, and what to do to take care of themselves, especially when they are experiencing big uncomfortable emotions. Use this strategy to help your child understand what they are feeling. When helping them to expand their emotional vocabulary you can do an emotional check-in with them, asking how they are feeling. You can do the check-in also, helping to explain the way you are feeling with words to describe the emotions.

MIDDLE SCHOOL

Middle school-age children are developing more independence, so they can take greater initiative and ownership over their self-care practice. Adults are now in more of a support role with this ownership by asking “How can I help?” or “What are you needing right now?” to guide them in selecting the best choice rather than dictating what you think they should do or judging their choice. You can also co-create a list of healthy self-care activities with your children and visibly display it, so they have a menu of options to select from when needed. This is helpful during summer when you want them to get outside and be more physically active. By doing this, we can help guide our young adolescents to select healthy and balanced self-care habits they can build on as they grow older.

HIGH SCHOOL

Many high school students self-care practices can seem strange or even wrong to us as adults – social engagements, sleeping and eating at odd times, or retreating to that fortress of solitude, their room. Sometimes these activities can be just what your teen needs to recharge after a stressful school year, releasing themselves from the structure and rigor of the high school year. Teenage brains are still very much in development, so they may need adult support and guidance to find their rejuvenating balance between being overprogrammed and under-stimulated. This summer, encourage your teen to strive for a well-rounded balance that includes physical activity, socialization, screen-free time, and relaxation. This is also great for you to model for your teen, and also do this as a family.

Rest
is not idleness,
and to lie sometimes
on the grass
on a summer day
listening to
the murmur of water,
or watching the clouds
float across the sky,
is hardly a waste of time.
-- John Lubbock

THE IMPORTANCE OF SELF-CARE

by Liz Molitor
Education Program Specialist

"Self-care is not self-indulgence, it is self-preservation" Audre Lorde

This year I have had the privilege of talking to many parents and teachers who shared their stories with me.

When I asked them about self-care, they shared the smallest changes that made the biggest difference in their families. They started going on daily walks, setting aside time for their interests and their kids naturally started doing the same. Their kids started joining them on their walks, runs or exercised alongside them. Their children started participating in their hobbies with them.

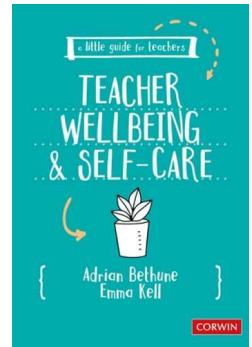
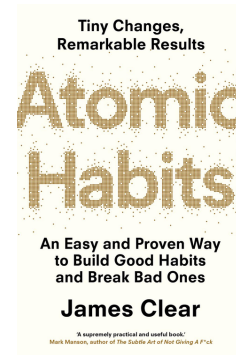
Teachers shared that when they opened about how they were feeling overwhelmed and took deep breaths their classroom started to join in with them. Modeling self-care benefits and inspires everyone around you.

RELAX, RECHARGE, & PREPARE

by Caitlin Castro
Education Program Specialist-
Grant Coordinator

Here are 4 tips to help teachers relax, recharge, and prepare for the next school year:

1. Make a to-do list for August: While things are fresh in your mind, write them down-any major schedule changes, or lesson plans that went well, or didn't. This way, once the school year starts, you can really tackle the big items first.
2. Take care of yourself: Schedule doctor's appointments, get outside, or plan a staycation. Teachers need the summer to rest and rejuvenate just as much as students do!
3. Fill your well: Make sure you are taking time for YOU. Whether it be reading a good book on the beach or scheduling professional development, ensure you are making time for yourself.
4. Shut down, unplug, and reboot: Schedule time during the summer when you completely unplug from technology-whether that by logging out of your work email or deactivating Instagram- take that time to spend with your family, immersing yourself in a good book, or taking a vacation.



RESOURCES AND READINGS

by Melissa Hartnett
Education Program Specialist

Here are two websites and two books to explore as you take time for self-care this summer:

[30 Self-Care Ideas for Summer](#)

[50 Best Self-Care Ideas for Mental and Physical Wellbeing](#)



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