

Empower Yourself:

Build Strong Social Skills to Ignite Success

Social Emotional Learning is an important part of human development that helps everyone build the skills needed to manage emotions, achieve goals, develop healthy relationships, and make responsible decisions.

The 5 Core Social Emotional Skills

Self-Awareness: Understanding your own emotions, thoughts, and values and how they influence your behavior



Self-Management: Managing your emotions, thoughts, and behaviors in a healthy way



Responsible Decision-Making: Making caring and constructive choices about your own behavior and social interactions



Relationship Skills: Making and maintaining healthy and supportive relationships and effectively navigating situations with diverse people and groups



Social Awareness: Understanding the viewpoint of others and empathizing with them, even when their opinions are different from your own



Supporting Social Emotional Skills

- Put phones away during meal times to be fully present
- Ask yourself how your body and mind are feeling during situations that make you upset and in situations that make you happy

- Practice calming strategies, such as deep breathing
- Set achievable goals for yourself and measure your progress

- Before making an important decision, take a step back and:
 - Clarify the problem
 - Consider all options and possible outcomes
 - Choose which option will work out best for you

- Choose a person in your life that you would like to grow your relationship with. Write them a letter to start an open line of communication with that person

- When you recognize that someone has a different opinion from yours, ask them to explain why they feel that way to better understand their viewpoint. Be genuinely curious about how others feel

Supported Social Emotional Skills Can Lead To...

Increased high school graduation rates

Fewer required public assistance services

More employment opportunities

Better physical and mental health

Reduced risky behaviors and substance misuse

