

# Emotional Well-Being

## The Importance of Connection

Humans are social beings. During this time, even though we are physically distant, we must be emotionally close. It is important to **keep socially and emotionally connected**. When we feel connected to family, friends, or school, we have less emotional distress. We all do better when we are connected.

**Connecting is caring. Connections matter.**



## Considerations for Connecting (Students, Families and Staff)

### Build in Moments of Connection

- Connections do not always need to be for long; even a three-minute connection with someone can be helpful (e.g., texts, emails, phone call, or social networking, using platforms you trust).
- Connect with healthy adults who model calmness.
- Connect visually when able (e.g., video through social networking). Hearing and seeing the person strengthens the level of connection.
- Think of vulnerable individuals and how you may be able to connect with them (e.g., the elderly, individuals living alone etc.).
- Adults (parents and professionals) who need to talk should try to access multiple people within their social network in order to support and be supported by a number of people.

### Create Routine and Structure

- Think about how we can keep predictability within our environments and relationships during an unpredictable time.
- Keep your daily routines and structures (e.g., waking and sleep times).
- Structure your day. Schedule time when you:
  - engage in calming and regulating activity.
  - call family/friends.
  - watch the news.
  - work.
  - have down-time/rest/daydream.
- Intentionally have meals with family.

### Build in Moments of Calming and Regulating Activities

- Build in daily, structured exercise. Five to fifteen-minute blocks throughout the day can be just as helpful as one large block.
- Spend time outside, in nature.
- Movement that is patterned, repetitive, or rhythmic can be calming and regulating for the brain and body (e.g., walking, dancing, knitting, etc.). Doing this type of activity with another person is even better but remember to respect health guidelines.

### Limit and Schedule Connecting with Media

- It is important to stay informed using reputable media sources.
- Limit your time watching the news and avoid exposing your children; children hear and take in more than we may realize.
- Bookmark, in advance, reputable websites that upload text only to inform. Pictures and videos can sometimes activate multiple senses and impact our ability to be calm and regulated. Your body knows when your brain is overloaded. Most government sponsored websites are written non-emotionally, which helps to keep us calm and regulated with current, up to date and factual information.
- Schedule specific times for reputable media intake. Media intake is something we can actually control and structure.
- Consider scheduling a calming and regulating activity after you watch the news or intake information on social media (e.g., take a walk, do yoga, etc.).



## References

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