

SPECIAL EDITION:

THE SEL MONTHLY™

Community Newsletter

Edition 9

Understanding Emotions During Times of Transition

Our world amid COVID-19 is seemingly different every week, challenging our families and communities to adjust to new transitions almost daily. With these times of change, it is normal for different emotions to arise, many of which we might describe as "uncomfortable." As our communities prepare to return to regular public outings, it may help to reflect on what activities we want to return to and unpack any uncomfortable emotions that we feel along the way.



Wilks News Radio

Uncomfortable Emotions: Beyond the Surface

While our emotions can be deeply complex and can take time to process, we can use quick checkpoints to better understand what our uncomfortable emotions might mean for us beyond the surface level.

- **Loneliness:** recognize the need for connection
- **Anger:** check in on boundaries set, realize things did not turn out as planned, or understand possible grief in disguise
- **Resentment:** acknowledge a need either to forgive, be forgiven, or face disappointment
- **Anxiety:** recognize as a reminder to use deep breathing and mindfulness strategies, and to identify what is in our control
- **Embarrassment:** identify unmet expectations or an awareness of sudden awkwardness
- **Shame:** lean on self-compassion and grace in times of humiliation



Tips for Managing Uncomfortable Emotions

Managing uncomfortable emotions takes intentional practice and patience. As we pause to identify what we are truly feeling and determine safe and productive ways to manage our emotions, we are building our Emotional Intelligence, or "EQ." For more information on EQ, [click here](#) to access resources from the Yale Center for Emotional Intelligence.

Identify Your Triggers

- Determine what events, actions, people, etc. cause you to react with a specific uncomfortable emotion.
- Recognize that these emotions often include a common need such as the need for control and stability or to be recognized, valued, and appreciated by others.
- Once you are aware of the trigger, you are better able to manage it instead of reacting quickly and negatively.

WHAT TRIGGERED ME

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|----------------------------------|--------------------------------|
| 1. I felt excluded. | 13. I felt like the bad guy. |
| 2. I felt powerless. | 14. I felt forgotten. |
| 3. I felt unheard. | 15. I felt unsafe. |
| 4. I felt scolded. | 16. I felt unloved. |
| 5. I felt judged. | 17. I felt like it was unfair. |
| 6. I felt blamed. | 18. I felt frustrated. |
| 7. I felt disrespected. | 19. I felt disconnected. |
| 8. I felt a lack of affection. | 20. I felt trapped. |
| 9. I felt I couldn't speak up. | 21. I felt a lack of passion. |
| 10. I felt lonely. | 22. I felt uncared for. |
| 11. I felt ignored. | 23. I felt manipulated. |
| 12. I felt I couldn't be honest. | 24. I felt controlled. |

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Accept the Challenge

- Try looking at challenging emotions through the lens of "What is this situation trying to teach me?" This practice can help us identify which qualities we may wish to exemplify in the face of difficulties, such as patience, empathy, and kindness.
- Use positive affirmations to remind yourself that you can do hard things!
- Reflect on the process of accepting the challenge and consider any lessons learned along the way.

Address Avoidance

- Some emotions may be a result of avoiding a particular situation, person, or pattern of events that need to be addressed.
- Make a list of the emotions, triggers, and areas for action in order to make a plan of how to best address the situation.
- Lean on others whom you trust to offer advice, clarity, or different points of view to consider.

Resources

Click for online resources

"Supporting Teenagers and Young Adults During the Coronavirus Crisis" (Source: *Child Mind Institute*)

"Boosting Emotional Intelligence by Identifying Triggers" (Source: *Thrive Leadership*)

"Connecting with Students: Teachers Share their Coronavirus Strategies" (Source: *Understood.org*)

★ Click [here](#) for Spanish

For more SEL resources, visit www.myframeworks.org/resources