

# The EQ-uipped CLASSROOM

Teachers are becoming the front lines of mental health intervention. We don't want you to have to fear that reality. Just as you don't need to be a thoracic surgeon to perform CPR, you don't need to be a licensed mental health professional to provide basic mental health intervention. Sometimes the most basic mental health interventions—simple social and emotional learning skills—are all we need to make a drastic positive impact and even save a life.

Social and emotional health starts with us. We commit to living socially and emotionally intelligent lives, and thereby shape a generation of healthier students. This is the best intervention we can offer, with a domino effect that spans generations.



My goal in this training is to help you feel confident about your ability to know and regulate yourself, and confident about your ability to teach and guide students through the same process. The outcome? Changed lives: ours and theirs.

My life is living proof that what you do as an educator matters. You literally are shaping the future! Education did not change my life. Educators did.

Thankful you are here,

Handwritten signature of Adam L. Sáenz in blue ink.

Adam L. Sáenz

**C.E.O, The Applied EQ Group**

## Reflection

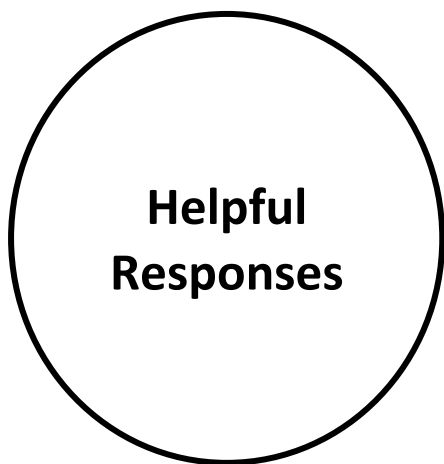
*Reflecting on where I have been, where I am, and where I want to go...*

1. Which picture describes where I've been in the past?
2. Which picture describes where I am now?
3. Which picture describes where I want to go?

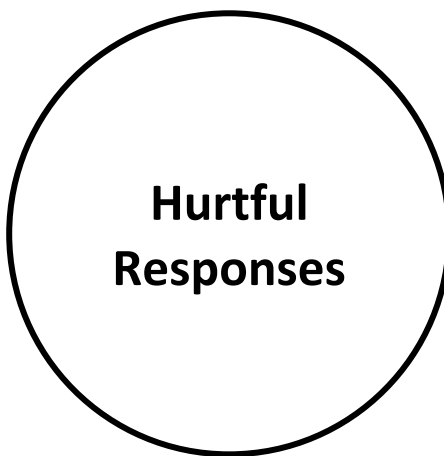


**My Storms: Identifying Stress**

<p>The top two stressors in my <b>professional</b> life right now are</p>	<p>1. 2.</p>
<p>The top two stressors in my <b>personal</b> life right now are</p>	<p>1. 2.</p>



Engage	Disengage
<ul style="list-style-type: none"> <li>• Get Connected</li> <li>• Anticipate</li> <li>• Redirect the energy (exercise, hobby, etc.)</li> <li>• Assert yourself appropriately</li> </ul>	<ul style="list-style-type: none"> <li>• Self-observation</li> <li>• Keep Perspective</li> </ul>

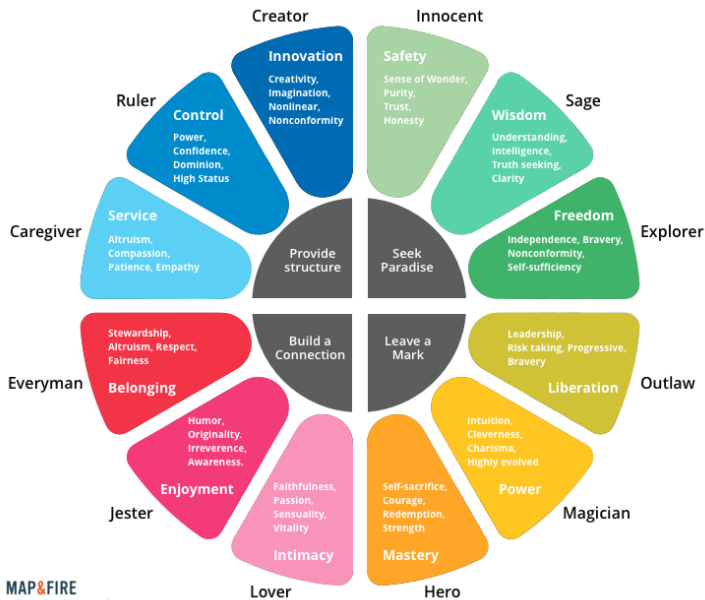


Engage	Disengage
<ul style="list-style-type: none"> <li>• Frequently attacking, blaming, criticizing others</li> <li>• Frequently splitting or causing dissention among staff</li> </ul>	<ul style="list-style-type: none"> <li>• Frequently deny, rationalize behavior</li> <li>• Unable to accept responsibility for wrong doing</li> <li>• Cut off feelings/ apathy</li> </ul>

# My Stress: Helpful Engaging Responses

Get Connected

## Carl Jung's Archetypes



MAP & FIRE  
Background graphic by Freepik

**My DREAM TEAM**

My **HERO** who will always demand greatness from me is...

My **EVERYMAN** with whom I will always feel connected and comfortable is ....

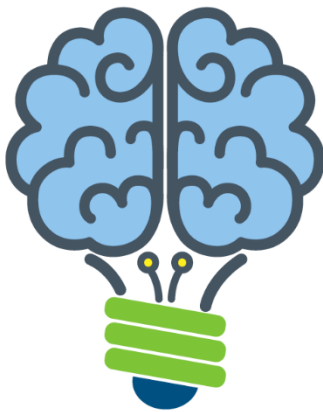
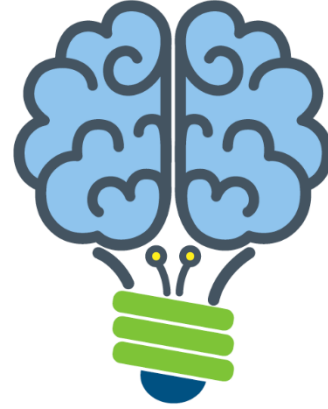
My **CAREGIVER** who will always nurture me is.....

My **SAGE** who will offer me guidance is.....

<b>Anticipate</b>	<p>I know the following _____ will be challenging:</p> <p>Therefore, I will....</p>
<b>Redirect the energy</b>	<p>I will <b>physically</b> redirect my energy by.... And I will do that (when?).....</p> <p>I will <b>emotionally</b> redirect my energy by.... And I will do that (when?).....</p>
<b>Assert yourself appropriately</b>	<p>I will assert myself appropriately by setting boundaries in the following <b>relationships</b>...</p> <p>I will assert myself appropriately by setting boundaries with my <b>vocation</b> by.....</p>

**My Stress: Helpful Disengaging Responses**

<b>Self observation</b>	As I experience stress, I will show kindness to myself by reminding myself I am good at
	1.
	2.
	As I experience stress, I will show kindness to myself, by reminding myself I am not good at
	1.
	2.



<b>Keep perspective</b>	I am most prone to catastrophize when.....
	I probably need to practice the time test....
	What usually brings me back to the center is....



## EASEL: Stress Management Domain

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### Optimism

The Optimism scale measures the degree to which you embrace the possibility that the future holds a favorable outcome, or an inclination towards hope.



#### Growing Your Optimism:

Practice looking for the benefit or “silver lining” in any given situation. Remember that setbacks often occur just before a breakthrough. Spend time practicing gratitude. Examine your self-talk and practice saying kind things to yourself.

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### Tolerance

The Tolerance scale measures your ability to patiently endure continued challenges without adverse reaction. Those challenges can come in the form of interpersonal differences, unexpected changes, constraints on your resources (such as time, energy or money) or impositions to your physical comfort.



#### Growing Your Tolerance:

Remember that the axiom is true: the only constant in the world is change. Make a conscious effort to feel things and think things from the perspective of the other.

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### Flexibility

The Flexibility scale measures how well you navigate changes in circumstances and think about problems and tasks in novel, creative ways; it also measures how well you adapt to situational demands and balance life demands.



#### Growing Your Flexibility:

Try something new. Practice sitting with your emotion: accept your emotions as they are rather than trying to run from them, deny them, or mute them.

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