

Creating Emotional Health and Wellbeing

Provincial Learning Circle Presentation

**My First Counsel Is This:
Possess a Pure, Kindly and
Radiant Heart**

Bahá 'u' lláh

Zeno

was one of the first Europeans to struggle with the relationship between the mental and emotional realms

that represent the two fundamental capacities of human existence: knowing and loving

Plotinius (Platonic tradition)

What soul could contain Evil unless by contact with the lower kind. (sorrow, rage Fear)



Aristotle

From their tendency to follow their emotions they (students) will not study the subject to purpose or profit

Descartes

But what then am I?

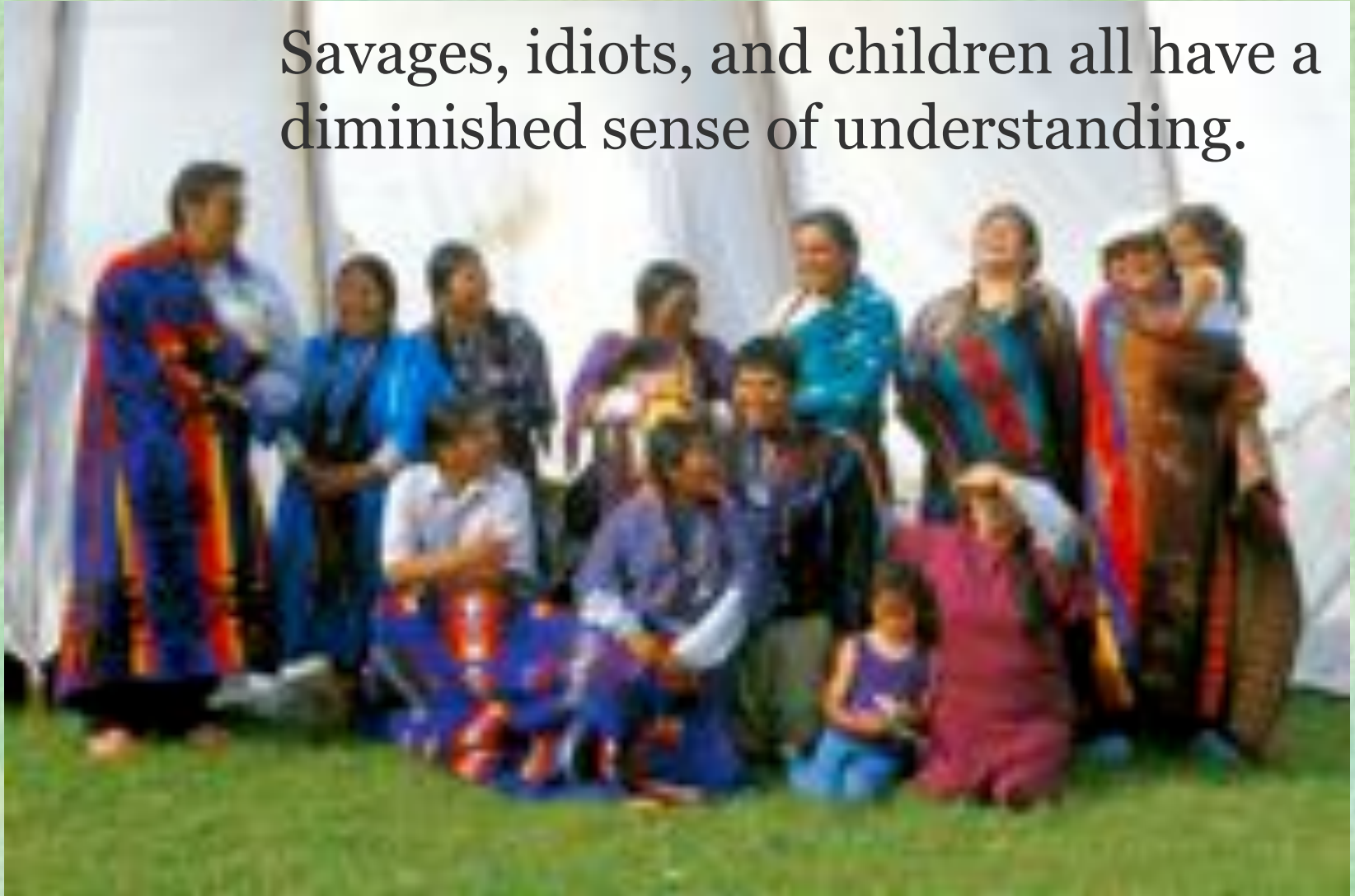
A thing which
thinks



John Locke

Amerindians are inferior to Englishmen...
primarily because their reason has not yet
been developed to the same extent ...

Savages, idiots, and children all have a
diminished sense of understanding.



Haig-Brown

Their education must consist not merely of the training of the mind,

but of a weaning from the habits and feelings of their ancestors (1998, p. 25)



Three Arguments for Emotional Education

☞ Scientific

☞ Modern European Philosophy

- Freud Darwin Hume

☞ Indigenous Elders

Damasio

In recent years both neuroscience and cognitive neuroscience have finally endorsed emotion.

A new generation of scientists is now making emotion their elected topic. Moreover, the presumed opposition between emotion and reason is no longer accepted without question.

John Dorsey M.D.

Thinking is
verbalized feeling



Carolyn Saarni

- ☞ Emotional competence entails resilience and self-efficacy ...
- ☞ When one is emotionally competent, one is demonstrating one's self-efficacy in emotionally-eliciting transactions, which are invariably social in nature.

Goleman

An Organization's
(schools) collective
level of emotional
intelligence

determines the
degree to which
that organization's
intellectual capital
is realized.



E. C. Kelly (1965)

**How a person feels is more important
that what he knows...**

**How one feels controls behavior, while
what one knows is used in behavior**

...

**It is possible to be a saint or a demon
with similar knowledge.**

John Fire Lamedeer

Native children have been put in many
square boxes where the mind is taught
but the heart is forgotten

Black Elk

Peace may come to those
peoples who can understand
what our pipe really is

An understanding
which must be of the
heart
and not of the **head**
alone.



Elder Louis Sunchild

To comprehend holistically
We must learn intellectually
and **emotionally**



Gregory Cajete

Emotion is the foundation
on which we understand
what we are learning



It is our “primary motivation”
that cultivates our
“intention” (will)

Questions?????

☞ Who taught you to feel?

☞ How do you feel?

☞ Is this how you want to feel?

☞ Do you have the skills to change the way you feel?

Importance of Emotional Education

☞ High Price of Emotional illiteracy

- Bullying
- Racism
- Suicide
- Violence
- Addiction
- Illness
- Internalized Colonization



Importance of Emotional Education

☞ Emotional literacy is
☞ foundational to:

- Linguistic literacy
- Mathematical Literacy
- Artistic Literacy
- Moral Competency



Importance of Emotional Education

- ☞ Negative emotions create stress that activate more than thirty hormones and neurotransmitters that can trigger more than fourteen hundred physical and chemical reactions in the body (p. 13)
- ☞ “In a ten-year study, people who could not manage their emotional stress had a 40 percent higher death rate than non-stressed individuals.” (p. 9)

Six Principles of Emotional Competency



Principle One: Emotional Identification:

**Emotional Awareness is
the
First step towards
Emotional Competency**

**Key Factor: Comfort with new emotions
In Novel situations**

Principle Two: Emotional Communication

Development of Emotional Vocabulary

**Development of the Ability to
Communicate Emotion**

**Key Factor: Ability to Read and Express
Emotions Accurately**

Principles of Emotional Communication

- 1. Safety**
- 2. Encourage emotional identification**
- 3. Create emotional exploration**
- 4. Express genuine interest and caring**
- 5. Validate emotional development**

Principles of Emotional Communication

6. Create trust by modeling respect

7. Promote respect for values

**8. Include emotional development in your
work practice**

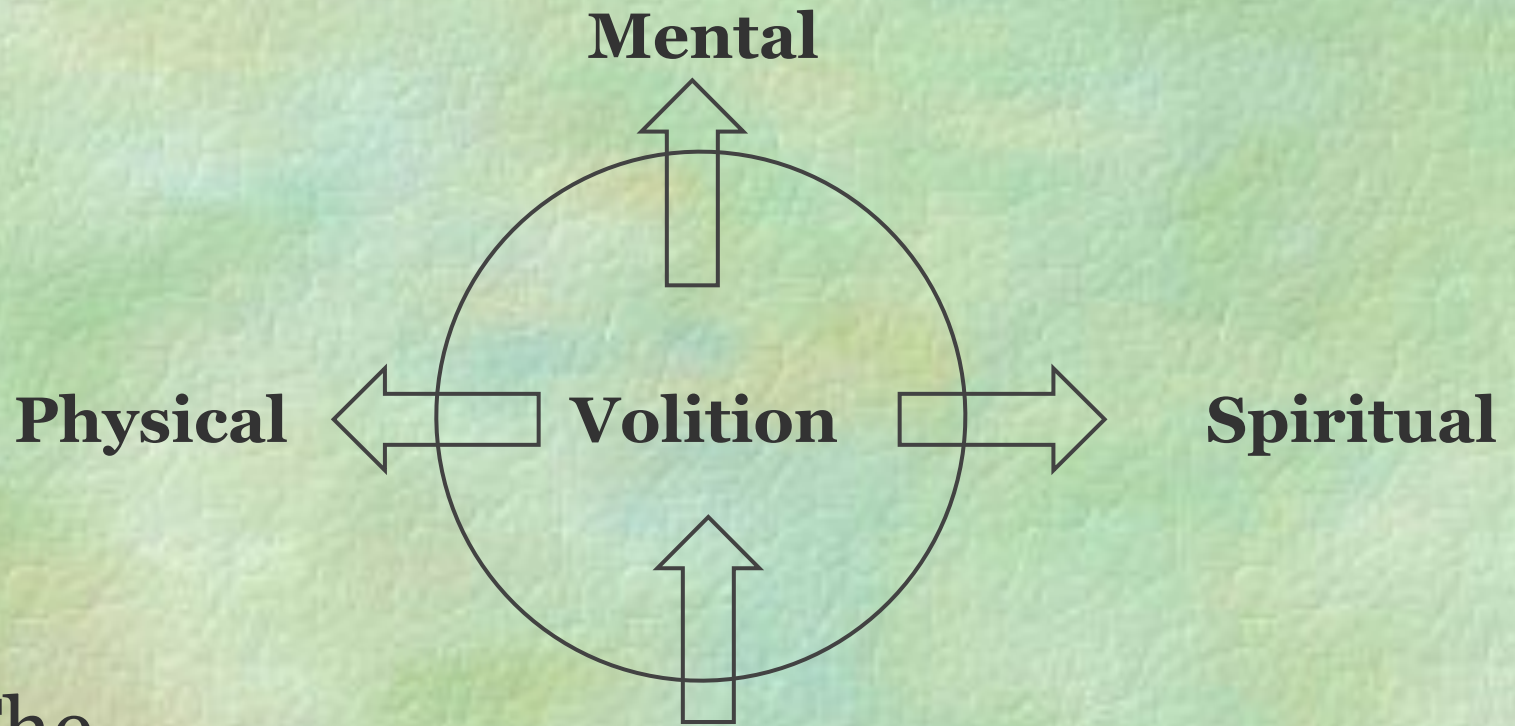
**9. Promote emotional healing through
skill development**

Principle Three: Emotions are the foundation of Values and Identity

Key Factor: Understanding the process of value and Identity formation

Identifying values in Learning identity

Awareness of and respecting for other students values



The
Development
of Learning
Energy

Values
Appraisal/Intent
Emotion
Feeling States
Instinct

Cooperation

Relationship

Generosity

Respect

Harmony

Peacefulness

Sharing

Spirituality

Pragmatism

Modesty

Learning through Observation

Caring

Time

Patience

Discipline

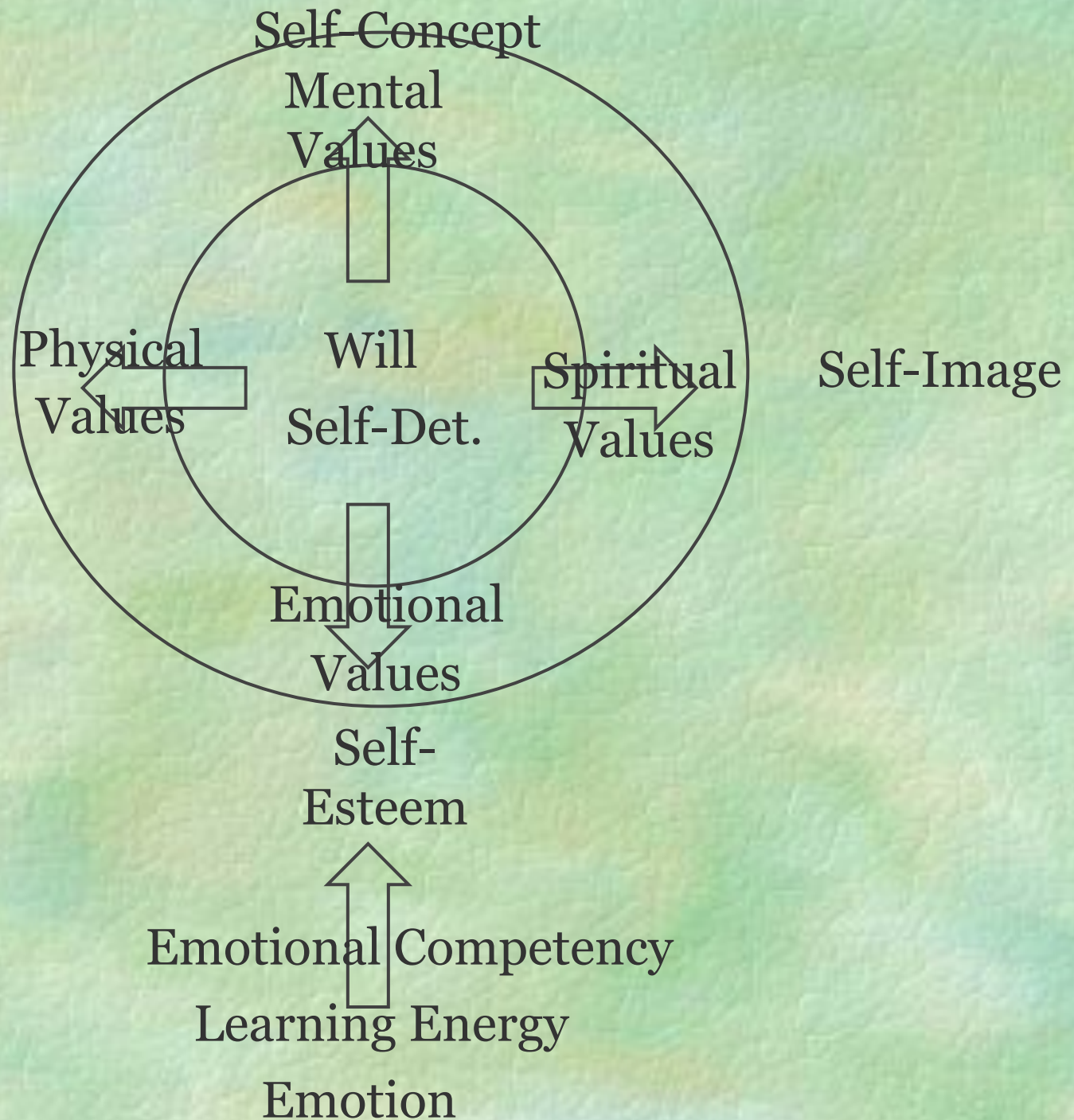
Tolerance

Non-interference

Silence

Learning Identity

Body
Awareness



Principle Four:

Emotional feedback

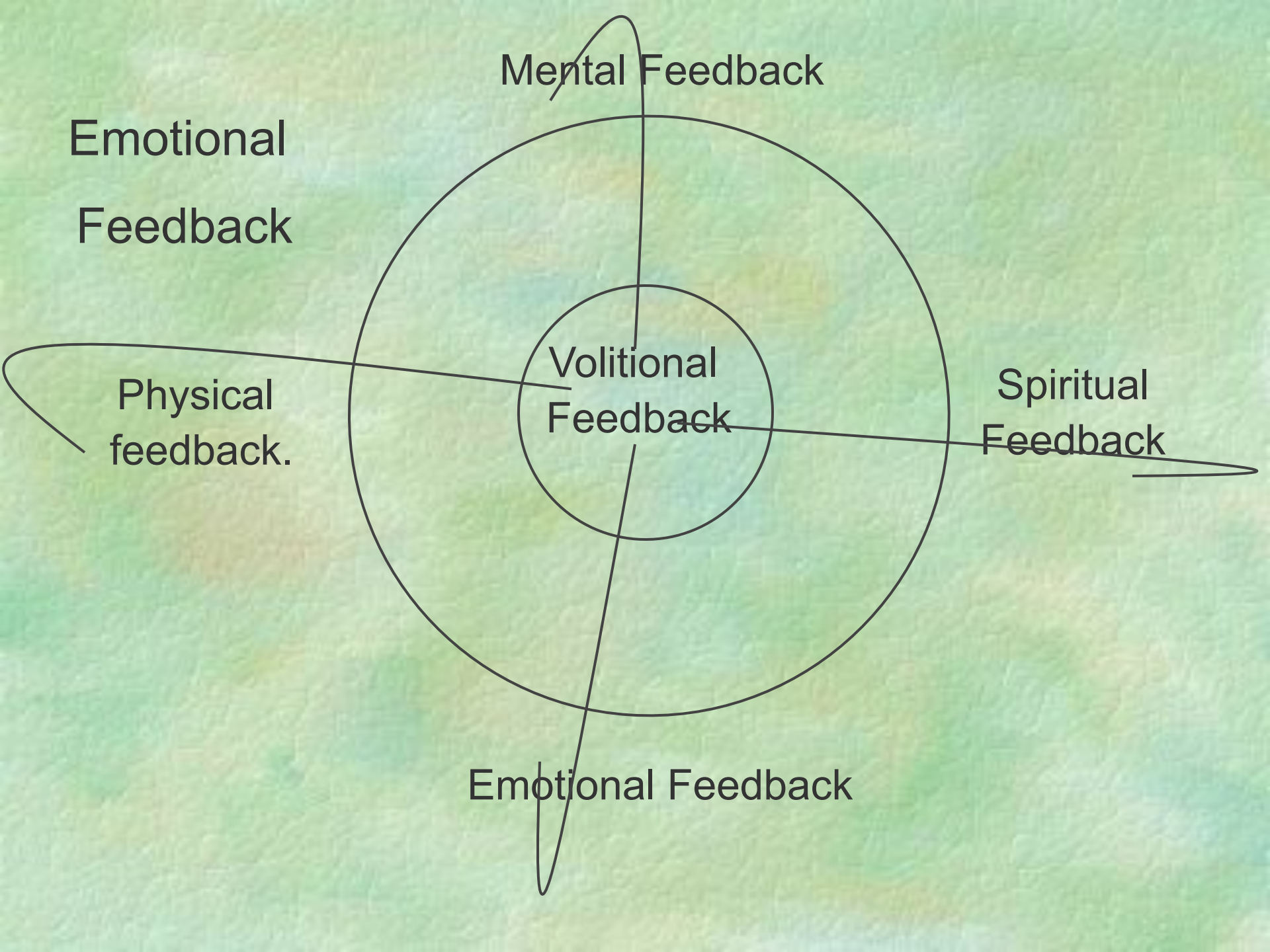
Teachers Role: Provide accurate and positive emotional feedback modeling

Reflection: Awareness of Emotional State

Interpretation: Assigning meaning

Appraisal: Is emotional appropriate

Key Factor: Student's Assessment of learning achievement



Principle Five: Emotional Skills

**Key Factor: The Ability to Change
Emotional States**

The Ability to Manage Emotional States

The Ability to Resolve Emotional Conflicts

The Ability to feel Empathy

Emotional Integrity: True to Self-values

Development of Emotional Responsibility

Emotional Skills

Facilitation: Ability to release emotion

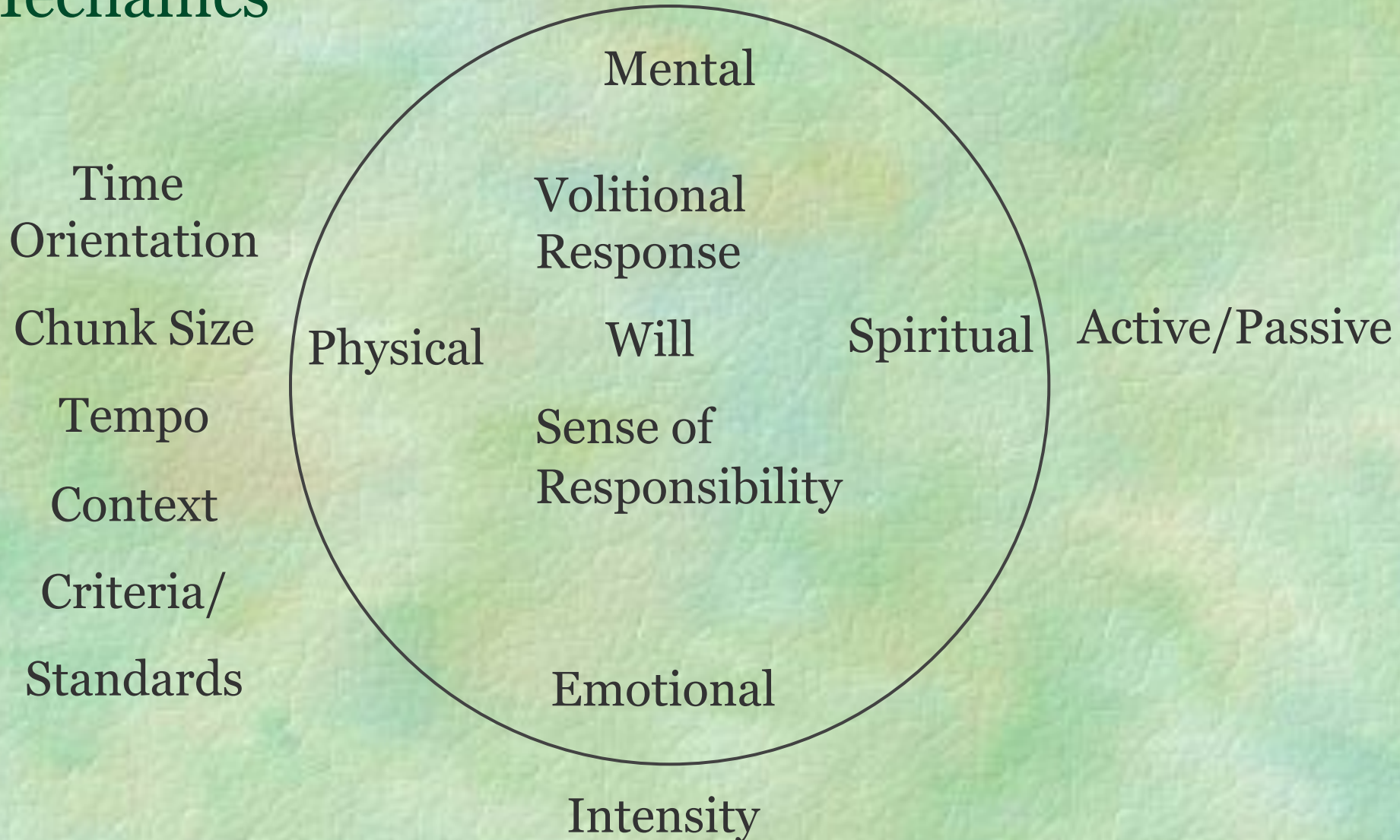
Inhibition: Ability to prevent expression of inappropriate Emotion

Coping: Ability to endure difficult situations

Key Factor: The Ability to use one's emotional state to achieve learning goals

Emotional Mechanics

Attitude, Matching, Expectations



Adapted from The Emotional Hostage
Bandler and Lebeau (1986)

Examples of Emotional Mechanics

☞ Volitional

☞ Need

Desperate

☞ Must

Pressured

☞ Should

Obligated

☞ Could

Hopeful/Optimistic

☞ Can

Able Confident

☞ Might

Apprehensive

☞ Cant

Helpless

☞ Want

Motivated



Principle Six: Creation of Emotional Wellness

**Developing emotional skills create
emotional health and reduce negative
emotional toxicity**

Remove Emotional Learning Blockages

Developing Counseling skills

**Develop Traditional knowledge that
supports emotional health**

**Create Healthy Learning
Identity**



