

EQ in your PJs

Social Emotional Learning (SEL) Online with R. Keeth Matheny

BOUNCING BACK FROM CHALLENGES Part 4: Tending and Befriending

A powerful and effective way to “unslump” yourself when you’re feeling sad or anxious is to reach out and help someone else. Taking care of (tending) and being kind to others (befriending) can boost their day – and bonus, your day as well. The act of sincerely caring for others can prompt your brain to release oxytocin (the “feel good” hormone), which helps you to de-stress and gain a sense of joy and gratitude.



APPLICATION: Who would benefit from hearing from you? Who could you help feel better? For each circle of the “Tend and Befriend Bullseye” list at least one kind thing you could do to help someone feel better and appreciated.



- a) HOME (people who live with you):
- b) FRIENDS (from school, sports, etc.):
- c) EXTENDED FAMILY (family who does not live with you):
- d) COMMUNITY (can be local or global, e.g., Mental Health Hopscotch, writing a letter to a COVID caregiver):

REFLECTION: Part 2: Understanding Grief and Loss introduced the Stages of Grief which included a new, sixth stage: **Meaning**. In the meaning-making stage, people who have experienced grief and loss start to recognize that through their challenges, they have also grown and learned. Perhaps they’ve gained a greater sense of gratitude and perspective or their relationships have grown deeper and more meaningful.

As you look back on challenges in your life, how have you grown and learned from your experiences?