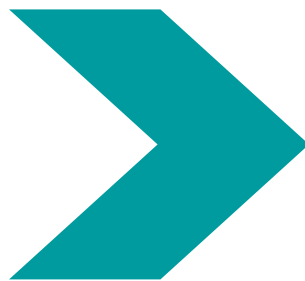


Managing Emotions in Times of Uncertainty and Stress



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"**Managing Emotions in Times of Uncertainty and Stress**" is a free course delivered through Coursera and led by experts in psychology, education, and research at the Yale Center for Emotional Intelligence.

This 10-hour, non credit-bearing course is designed for school staff. It focuses on strategies for dealing with uncertainty, stress, and other emotions relevant to the current times, as well as on strategies for helping students to manage their emotions. **The course is available on a rolling basis.**

"I can already see the course helping me to be more aware of my emotions both at work and at home. I am stepping back, breathing, and listening more intently to others as well as to myself."

Course Sequence

Introduction to SEL and Why Emotions Matter
Identifying Our Emotions
Managing Our Own Emotions with Action Strategies
Managing Emotions by Shifting How We Think
Becoming a Culturally Responsive Emotion Scientist
Identifying Others' Emotions
Helping Others Manage Emotions
Making a Commitment to Lasting Change

Action Plan

All participants will complete a personalized action plan.



Participants in this course begin by learning about why social and emotional learning is an important component of education. Then, they explore how to identify and manage emotions, including how to support others with their emotions in scientific and culturally responsive ways.

Participants complete "Weekly Action Plans" to build a comprehensive and personalized guide for lasting change.

<https://www.coursera.org/learn/managing-emotions-uncertainty-stress>

1. Introduction to SEL and Why Emotions Matter

Section Overview: Social and emotional skills are more important now than ever. School staff can find ways to better identify and manage their emotions, which in turn, can help students identify and manage theirs. This first section unpacks how emotions can help and hinder attention, decision making, relationships, health, and performance.

Participant Learning Objectives

1. Explain how the content of this course fits with SEL and leads to positive outcomes for you and the students in your school
2. Apply basic strategies to leverage your emotions to achieve your goals
3. Articulate the importance of emotions in your own life and your students' lives

2. Identifying Our Emotions

Section Overview: In this section, participants focus on how to identify their own emotions, which is an essential first step to building emotional intelligence skills. They will learn how to recognize and accurately label emotions using the Mood Meter. This section builds a foundation for the rest of the course, where participants learn how to manage their own emotions and help students to manage theirs.

Participant Learning Objectives

1. Name your feelings with greater specificity
2. Explain the importance of labeling emotions accurately as a first step towards working with your feelings
3. Identify strategies to become more aware of the feelings you're experiencing

3. Managing Our Own Emotions with Action Strategies

Section Overview: In this section, participants apply what they've learned about identifying emotions to the practice of managing their own emotions. They will explore and reflect on a series of "action strategies" to help them manage their emotions in healthy ways.

Participant Learning Objectives

1. Identify and apply action-oriented emotion regulation strategies to support your well-being
2. Identify the differences between helpful and unhelpful emotion regulation strategies
3. Describe the importance of managing your own emotions

4. Managing Emotions by Shifting How We Think

Section Overview: While the previous section focused on "action strategies" to support healthy emotion management, this section focuses on "thought strategies." Participants will consider research-based ways to shift the way they think to shift the way they feel, and consider how to incorporate these strategies into their daily life.

Participant Learning Objectives

1. Identify several thought strategies that may be a good fit for you
2. Describe how shifting the way you think can help you manage your emotions
3. Develop a plan for practicing and incorporating these strategies regularly

5. Becoming a Culturally Responsive Emotion Scientist

Section Overview: This section focuses on applying strategies for approaching participants own and others' emotions in scientific and culturally responsive ways. They will have the opportunity to describe the biases involved in identifying and managing emotions, as well as to reflect on the potential impact of their own biases on their interactions with others.

Participant Learning Objectives

1. Apply strategies for approaching your own and others' emotions in scientific and culturally responsive ways
2. Identify your own biases and strategies for reducing their impact
3. Describe the biases involved in identifying and managing emotions

6. Identifying Others' Emotions

Section Overview: While the first half of the course focused on identifying one's own emotions, this section focuses on strategies for improving participants' awareness of others' emotions (especially the emotions of their students). Participants will explore the barriers to understanding others' emotions and ways to improve this skill as an emotion scientist.

Participant Learning Objectives

1. Apply strategies for improving your awareness of your students' feelings
2. Learn what gets in the way of understanding and connecting with students' feelings and begin to overcome these barriers
3. Explain the importance of identifying and understanding students' feelings

7. Helping Others Manage Emotions

Section Overview: This section takes participants' skills in identifying others' emotions a step further, providing research-based steps to help others manage their emotions. Participants will be introduced to the concept of emotion co-regulation, as well as a five-step process to support students in moments of high stress.

Participant Learning Objectives

1. Describe how your emotions affect the emotions of others
2. Explain how you can support others, and especially students, in managing emotions
3. Apply a five-step process to help students in moments of high stress

8. Making a Commitment to Lasting Change

Section Overview: This final section brings together all course concepts. Participants will examine their action plans from each section of the course and make a commitment to lasting change.

Participant Learning Objectives

1. Confirm your plan for applying the course to your life
2. Share what you've learned with others