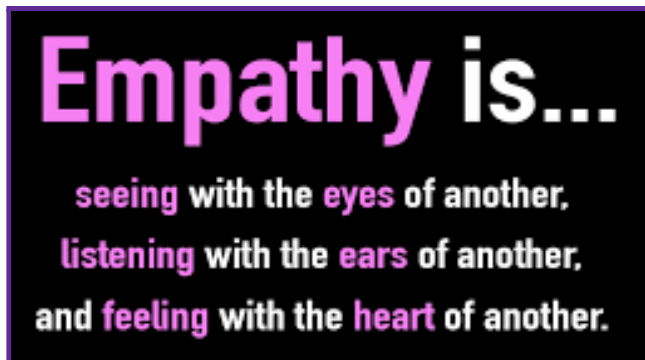


# STEP NEWSLETTER

## SIMPLE TIPS FOR EDMONDS TO PRACTICE

October 1, 2021



### TIPS

*Empathy* can best be described as relating to others with acceptance, understanding and sensitivity to others' diverse perspectives and experiences. *Empathy* occurs when judgment or indifference is replaced with understanding and caring. Sharing personal experiences and stories, and listening to those of others, is the first step to building *empathy*. We can help youth build this skill by encouraging them to share their own narratives and journeys with one another. *Empathy* is a natural response when youth listen deeply to the experiences, emotions and stories of their peers and suspend judgment. We must ask ourselves, in the often hectic realities of today's schedules, are we being intentional about creating a space and culture that encourages young people to listen deeply to one another, and others in the community? [selpractice.org]

### SELF CARE

#### Mastering Empathy Through Self-Care

*Self-empathy* is the process of listening deeply to your inner soul and the messages which your body is sending you.

The art of processing emotion by allowing feelings such as - anger, fear,

frustration, sadness, overwhelm, anxiety - to come up to the surface and be released is an essential key to creating authentic relationships. This kind of self-care is often last on a very-long-parenting-to-do-list but it is precisely this act of connecting with yourself in the present moment which allows you to model for your child the emotional regulation process using a reliable coping skill.

Self-care, mindfulness and awareness are invaluable, life-long tools to learn and remember. Through daily implementation, you will gradually become more attuned to your child and more comfortable with your own emotions - even if you can't reduce the external factors which challenge your ability to cope.

Become familiar with validating your own needs and feelings and resist the knee-jerk reaction to criticize yourself or others. Don't allow your imagination to sweep you away on a sea of unconscious (and likely false) fears with thoughts and beliefs that do not serve your self-image but only create more fear and stress.

When you are lost in your child's emotions, on auto-pilot reacting and getting caught up in your own drama, then there are physiological processes preventing you from accessing the parts of your brain necessary for you to be reasonable, empathetic and compassionate and limiting your ability to creatively problem-solve.

Your most important job is to teach your child how to recognize and manage his feelings and navigate the ups and downs of life. You are an anchor for emotions and it is through your own self-regulation that you are able to guide your children to their own self-mastery. [teach-through-love.com]

SUPPORT TEAM for EDUCATION PARTNERSHIP

Ms. Anderson, Clinical Coordinator ([manderson5@philasd.org](mailto:manderson5@philasd.org), 267.668.7957) | Mrs. Young, School Behavioral Consultant ([tdyoung@philasd.org](mailto:tdyoung@philasd.org) 267.592.7314)  
Mr. Mobley, Family Peer Specialist ([kmobley@philasd.org](mailto:kmobley@philasd.org), 215.571.9428)

# RESOURCES

Click on the hyperlinks to go to the embedded websites.

## MOTIVATIONAL MINUTE



## Mental Health Resources

### **Non-emergency Mental Health Issues**

**Philly HOPE Line (call or text):**  
1-833-PHL-HOPE

### **Mental Health Emergencies**

**Mobile Crisis: 215-683-6440**  
**Philadelphia Children's Crisis Response Center: 215-878-2600**

### **Suicide Prevention Lifeline:**

1-800-273-TALK

### **SAMHSA (Substance Abuse and Mental Health Services Administration):**

1-800-662-HELP

### **Disaster Distress Helpline:**

1-800-985-5990

## Social Emotional Learning Resources

▶ [Brené Brown on Empathy](#)

▶ [What is Empathy?](#)

▶ [Offer Empathy](#)

▶ [A Wise Lesson In Empathy](#)

▶ [You, Me, and Empathy](#)

[Empathy Worksheets Free](#)

[Social Emotional Learning: Building Empathy · SEL Thrive](#)

[Teaching Children Empathy Using Social-Emotional Learning Theory](#)

[We All Teach SEL: Empathy Activities and Tools for Students | Common Sense Education](#)

[Teaching Kindness & Empathy through Social-Emotional Learning](#)



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Wednesday, October 6th

A decorative border with a stained glass pattern in various shades of green and teal surrounds the central text.

## WELLNESS WEDNESDAY

### CAREGIVER CHAT + CHEW

Join the STEP Team as we share  
behavioral health supports and  
community resources.

1st WEDNESDAY OF EACH MONTH  
12:00PM - 1:00PM  
Zoom Meeting ID: 219 022 3796

The logo for the STEP team, featuring a stylized figure climbing a bar chart with the word "STEP" below it.





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**TAKE CARE OF  
TEACHERS  
THURSDAY**

*Come To Your Senses*

Learn various ways to use  
your senses to relax.

**THURSDAY, OCTOBER 28TH  
DURING EACH LUNCH PERIOD  
STEP OFFICE**

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