

SHOPLAND

COACHING

EMOTIONAL WELL-BEING

Building Strength & Resiliency Together

Key Takeaways for Emotional Well-being

1. Awareness is Everything

- You can't change what you can't see.
- Your "full jar" is real — noticing it helps you show compassion for yourself and others.

2. All Emotions Are Normal

- Emotions = data, not danger.
- You are feeling an emotion, not becoming it.
- All emotions are okay. Not all reactions are.

3. Notice Your Patterns

- We often resist, react, or avoid our emotions.
- Recognizing your default response is the first step to shifting it.

4. Thoughts Create Feelings

- The thoughts in your jar shape your emotions.
 - Heavy thoughts might sound like:
 1. "I can't handle this."
 2. "There's too much to do."
 3. "It's all up to me."
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5. Uplifting Thought Shifts

- Today is going to be a great day.
- Today I have everything I need to handle what comes my way.
- Even small moments today can make a big difference.
- I can choose to bring calm, kindness, and encouragement into the room today.
- Something wonderful is possible today.
- Every interaction I have with a student has the power to make a difference.

Emotional well-being isn't about controlling circumstances. It's about noticing your thoughts, allowing your emotions, and choosing the perspective that sets you — and your students — up for success.



We Appreciate Your Feedback

- Please take a couple of minutes and complete this survey.



 @LaurieShoplandCoaching

**“You can’t stop the waves, but you can learn to surf.” —
Jon Kabat-Zinn**