

Be Well This Month

Care for Our Social and Emotional Well-Being

April 2025

This monthly email shares information and resources for supporting social emotional learning (SEL) and well-being at home and work.

Be well, the Student Support Services Team

Happy Arab American Heritage Month!

“During the month of April, the Arab America Foundation formally recognizes the achievements of Arab Americans through the celebration of National Arab American Heritage Month (NAAHM). Across the country, cultural institutions, school districts, municipalities, state legislatures, public servants, and non-profit organizations issue proclamations and engage in special events that celebrate our community’s rich heritage and numerous contributions to society.” Learn more on the [Arab America Foundation website](#).

April is Autism Acceptance Month!

Autism Acceptance Month is a time to celebrate neurodiversity and promote understanding and inclusion. The Centers for Disease Control (CDC) offers resources to support individuals with autism and their families, and communities. Explore their toolkit here: [CDC Autism Toolkit](#).

This month’s content addresses Goal 1 of [New York’s Social Emotional Learning Benchmarks](#), which focuses on **developing self-awareness to nurture and affirm a strong sense of identity, to inform decisions about actions, and to build a sense of agency.**



Three Ways to Manage Dread

By Beth Kurland



“I was 35,000 feet in the air somewhere along the eastern coast of the United States, still an hour and a half from my destination, when the pilot came on and announced that there was severe weather ahead and that everyone needed to fasten their seatbelts immediately. For someone who doesn’t like turbulence, loss of control, or uncertainty, this was a real ‘fear-jerker’ for me. The tone in the captain’s voice, the urgency of his message, and the hurried behavior of the flight attendants were huge cues of ‘threat’ for my nervous system. What was fascinating to me was that my body was in full-blown anxiety mode even though nothing was actually happening in that moment—not a bump or disturbance of any kind. What was even more fascinating was that this reaction lasted a good part of the ride, even though it turned out there was not one blip of turbulence. And, in fact, that plane flight turned out to be one of the smoothest I’ve ever had.” How can we support ourselves when we’re experiencing anticipatory fear? Learn [Three Ways to Manage Dread](#) on Greater Good Magazine.

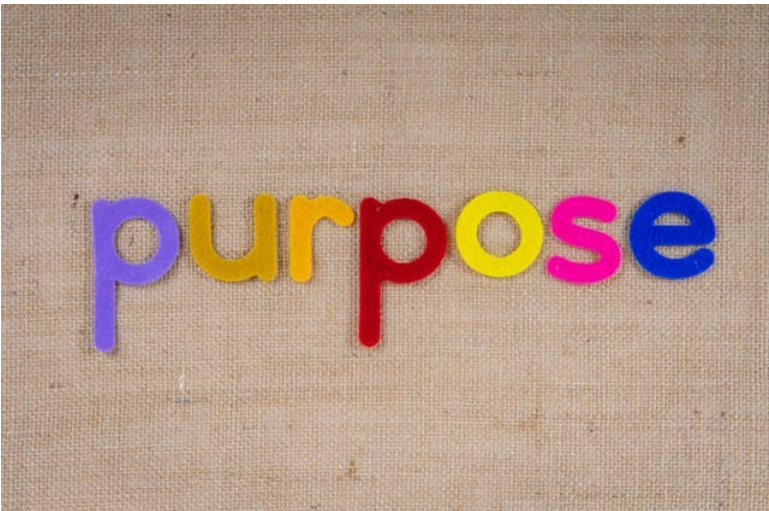
To Get Ahead, Learn to Think Differently

By Naphtali Hoff

“If you’re feeling stuck — whether in your business, your personal life or your growth — you’re not alone. But here’s the good news: you have the power to rewire how you think and approach challenges. Whether you’re an entrepreneur trying to scale your business, a professional looking to advance your career or someone wanting to build more meaningful relationships, the ability to think differently is your secret weapon. Training your mind to think differently is a powerful tool for personal and professional growth. By shifting your perspective and challenging established thought patterns, you can unlock new strategies for business growth, improve relationships and achieve your goals.” Explore eight ways to cultivate a mindset that fosters innovation and creativity in [To get ahead, learn to think differently](#) on Smartbrief.com.



Self-Management Skill and Sense of Purpose Go Hand-in-Hand, Study Suggests
By Leah Shaffer

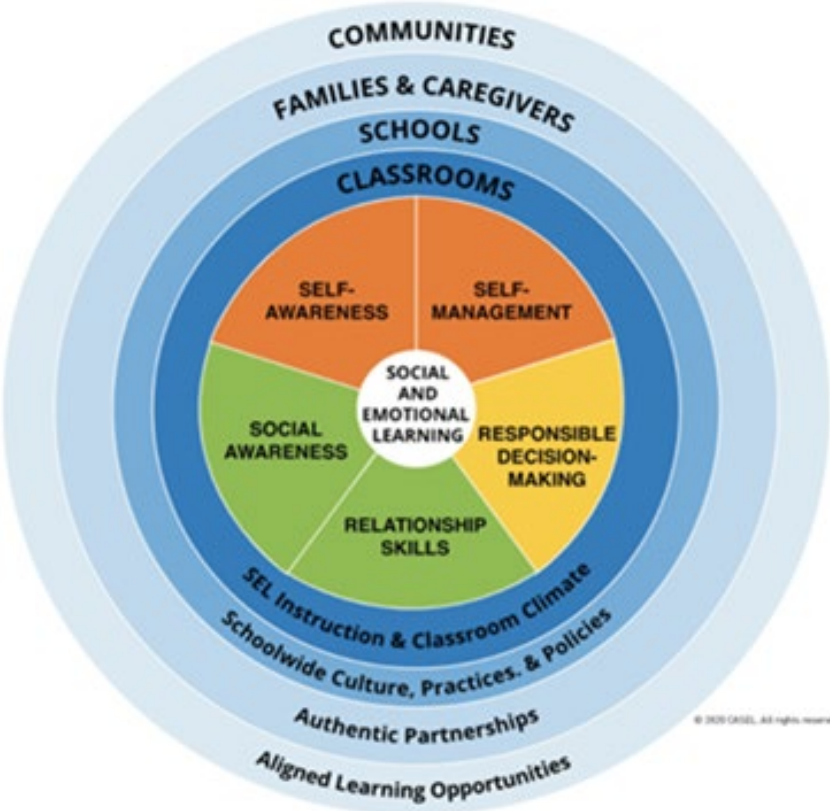
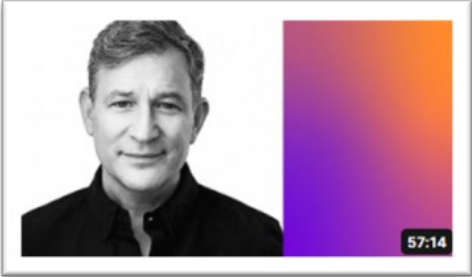


“People who are goal-oriented tend to have better outcomes in life partly because having a ‘sense of purpose’ is a skill that can yield positive results. But psychologists want to understand what other skills overlap with sense of purpose, to map out what social, emotional and behavioral (SEB) skills tie into the ability to set goals toward a broader aim and follow through with that aim. To do that, psychological researchers Patrick Hill and Jennifer Beatty, at Washington University in St. Louis, led a study of 400 college students. They first surveyed 200 college students at WashU and 200 other college students

nationwide. They were surveyed on their sense of purpose and answered questions related to their SEB skills, attributes such as self-management, cooperation and emotional resilience. The survey also assessed the students' sense of well-being and their academic outcomes.” Find out what they learned in [Self-management skill and sense of purpose go hand-in-hand, study suggests](#) on Phys.org.

A Guide to Self-Love for Skeptics
With Dan Harris and Whitney Pennington Rogers

“Self-love isn’t self-indulgence — it’s the learnable skill of treating yourself with the kindness you’d offer a friend, says mindfulness expert Dan Harris. He shares science-backed tips for improving your relationship with yourself and shows how a little more tenderness can enhance the rest of your life, too.” Hear more about his story in [A guide to self-love for skeptics](#) on TED.com.



Social and emotional learning (SEL) is an integral part of education and human development. SEL is the process through which all young people and adults acquire and apply the knowledge, skills, and attitudes to develop healthy identities, manage emotions and achieve personal and collective goals, feel and show empathy for others, establish and maintain supportive relationships, and make responsible and caring decisions.

SEL advances educational equity and excellence through authentic school-family-community partnerships to establish learning environments and experiences that feature trusting and collaborative relationships, rigorous and

meaningful curriculum and instruction, and ongoing evaluation. SEL can help address various forms of inequity and empower young people and adults to co-create thriving schools and contribute to safe, healthy, and just communities.

[Collaborative for Academic, Social, and Emotional Learning](#), 2020

Find more [resources for Social and Emotional Learning](#) on our website. We welcome your feedback about SEL or this newsletter at studentsupportservices@nysed.gov.