

Be Well This Month

Care for Our Social and Emotional Well-Being

July 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

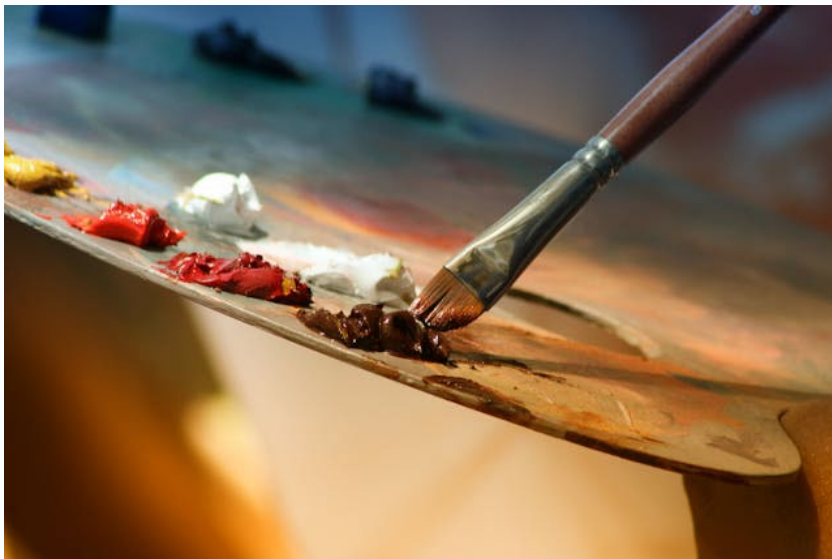
Happy Independence Day!

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.**



How Art Heals Us

With Shabnam Piryaee, Dr. Girija Kaimal, and Dacher Keltner



“There is a growing body of science showing that creating art can be deeply healing, calming our nerves, lifting our mood and helping us process tough emotions. So this mental health awareness month, we're kicking off a series about how art can support our bodies and minds. Today, we're joined by Shabnam Piryaee, an award winning writer, filmmaker and teacher, who recently turned to visual art as a form of self care, things like painting, drawing or coloring.” Listen to the discussion in [How Art Heals Us](#) on

Greater Good Magazine's The Science of Happiness Podcast. [5 Ways to Cultivate Curiosity and Become a Better Leader](#)

Gratitude Comes with Benefits – a Social Psychologist Explains How to Practice it When Times are Stressful

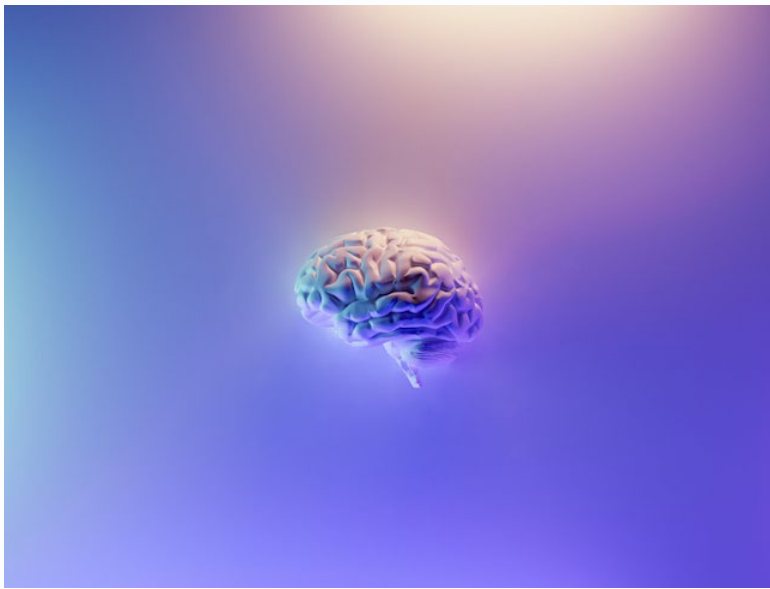
By Monica Y. Bartlett

“A lot has been written about gratitude over the past two decades and how we ought to be feeling it. There is advice for journaling and a plethora of purchasing options for gratitude notebooks and diaries. And research has consistently pointed to the health and relationship benefits of the fairly simple and cost-effective practice of cultivating gratitude. Yet, Americans are living in a very stressful time, worried about their financial situation and the current political upheaval. How then do we practice gratitude during such times?” Explore two simple ways to work on this in [Gratitude Comes with Benefits – a Social Psychologist Explains How to Practice it When Times are Stressful](#) on The Conversation.



Mindfulness & Autism: Learning to Celebrate Neurodiversity

By Sue Hutton



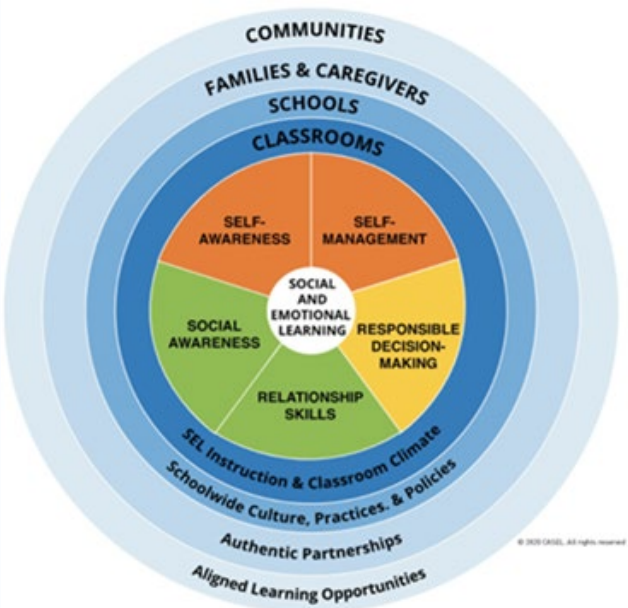
“In neurodiverse communities, people report having a range of sensory experiences that can produce different, and often adverse responses to common mindfulness techniques such as the body scan, breath practices, and loving-kindness. People with neurodevelopmental disabilities such as autism, ADHD, or cerebral palsy confide that they’ve tried it and ‘failed’ at it. Similarly, in the education system, some teachers have told me that they can’t use the term mindfulness with students because, from prior experiences, some students already feel like they have failed

at it. It’s never anyone’s fault when mindfulness doesn’t work for them. They were just not taught mindfulness in an accessible, inclusive way that considers any unique needs.” Learn more in [Mindfulness & Autism: Learning to Celebrate Neurodiversity](#) on [mindful.org](#), and explore a companion practice designed for inclusivity in [Dual Anchor: A Neurodiversity-Informed Meditation for Wandering Attention](#).

3 Walking Meditations to Get Even More Mental Health Benefits from Your Workout

By Stephanie Mansour

“If you’re an avid walker, chances are you engage in the activity for cardiovascular health, calorie burn and increased mobility. But you’re likely reaping the mental benefits as well, even if you don’t realize it. A daily walk is a great way to combat stress, boost your mood and decompress after a long day — and a walking meditation can help you get even more out of it. Walking is a great form of physical exercise, but it’s also a great opportunity to practice mindfulness, too.” Read more about [3 Walking Meditations to Get Even More Mental Health Benefits from Your Workout](#) on [Today.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](#), 2025

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