

# Education and Emotional Health: Starting Within



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# TOP 5 EMOTIONS FOR EDUCATORS

2017 Yale Center for Emotional Intelligence Survey

Frustrated



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# TOP 5 EMOTIONS FOR EDUCATORS

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Frustrated  
Overwhelmed



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Frustrated  
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Stressed



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# TOP 5 EMOTIONS FOR EDUCATORS

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Frustrated  
Overwhelmed  
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Tired



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# TOP 5 EMOTIONS FOR EDUCATORS

2017 Yale Center for Emotional Intelligence Survey

Frustrated  
Overwhelmed  
Stressed  
Tired  
Happy



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HAPPY SAD MAD SCARED

1.

2.

3.

4.





# ACCEPTANCE

...of yourself  
...of others



All emotions are acceptable.  
All actions are not.





# DAILY REVIEW

1. What did I have success with today?



# DAILY REVIEW

1. What did I have success with today?
2. What did I NOT do as well with today?



# DAILY REVIEW

1. What did I have success with today?
2. What did I NOT do as well with today?
  - What were my triggers, responses, and outcomes



# DAILY REVIEW

1. What did I have success with today?
2. What did I NOT do as well with today?
  - What were my triggers, responses, and outcomes
  - How can I apply current or new strategies for the future?



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