Healthy Perspectives: “Constant energy expenditures without the balance of adequate rest and recovery lead to burnout, errors, health challenges and diminished performance”

- Institute of Heart Math

Skills for Personal and Professional Effectiveness

Psychologists agree that some people seem to be born with more resilience than others. But they also assert that it is possible for all of us to cultivate more of it.

**Resilience** is defined as the capacity to prepare for, recover from and adapt in the face of stress, challenge or adversity. In an optimal state, your body is functioning in a state of energetic coordination. Your emotions can help your body to function in a coherent state. These feelings and emotions are confidence, appreciation, kindness, care, compassion, tolerance, enthusiasm and courage. In order to balance your energy you must receive as much positive energy as you give.

**Inner ease** is what is used to describe the regenerative state where you are more alert, resilient and can respond most effectively. It reminds us that we have the choice not to feed the usual stress producing emotions such as blame, judgment or impatience.

**How to achieve this inner ease, you ask?**

**Step One:** Focus your attention in the area of the heart. Imagine your breath as flowing in and out of your heart or chest areas, breathing a little slower and deeper than usual (inhale 5 seconds, exhale 5 seconds)

**Step Two:** With each breath, draw in the feeling of inner ease to balance your mental and emotional energy.

**Step Three:** Set a meaningful intent to anchor the feeling of inner ease as you engage in your projects, challenges or daily interactions.

- **Information gathered from:** The Resilience Advantage: Skills for personal and professional effectiveness by Heart Math
- **More resources:** http://experiencelife.com/article/the-5-best-ways-to-build-resiliency/

Anger, Rage and Explosive Outbursts, Oh My!

How to Respond to your Student's Anger (excerpted from www.EmpoweringParents.com)

1. **Don't try to control your student's emotions. You can't and that's ok.** You can't expect someone to control their emotions—You can only ask them to control their behavior.
2. **Control your own emotions.** Take a breath and a mental step back. Your emotional buttons may be pushed causing you to respond in a way that makes the situation worse.
3. **Make sure your responses don't escalate the situation.** Just because you choose not to argue doesn't mean you're giving in. You can always hold the student accountable later when the situation is calmer.
4. **Remember that emotion is different from behavior.** The problem isn't the anger; it's the behavior that follows. You can validate your student's emotions while addressing the behavior that is the concern.
5. **Help the student recognize when anger is building.** If a student can notice the physical signs of anger early on, it can keep anger from escalating to rage.