



The Wellbeing Edit

Volume 1: October 2022

HOW ARE YOU?

Welcome to The Wellbeing Edit

The Wellbeing Edit is your monthly e-letter landing in your inbox on the first Tuesday of the month. It's a monthly nudge to pause and check-in with how you are doing. Each month we'll share insights, research, tips and prompts to support you to consider your wellbeing, be intentional and take action that makes a difference to you.

So, let's start at the beginning.

How are you?

Pause for a moment and really think about the question - how are you?

You probably ask the question multiples times a day, but how often do you expect, desire or offer an honest answer. Now is a good moment to pause, and really ask yourself 'how am I'?

We usually have a few common responses, maybe you recognise some of these...?

'fine'
'busy'
'not bad'
'ok'

Many of us find it awkward and uncomfortable to label or talk about how we're feeling. Sometimes we don't have the language. Sometimes we skip over or deny how we really feel. Sometimes we are embarrassed by how we feel. Sometimes we are trying to protect ourselves or others. Sometimes we are giving the answer we think is expected from us.

Professor Marc Brackett, author of Permission to Feel, argues that the question 'how are you' is the most important question we can ask of ourselves and each other. But it's not just asking it, we must also take the time and create the space to seek, offer and receive an honest response.

It's an important question because it helps us access our inner lives, our emotional state. We know our emotions are as important as our physical health, they influence everything. They feature in every part of our lives, often feeling messy and inconvenient! They are everywhere, although we may often try to ignore them, bury them, or push them aside. The trouble with this is they build up, becoming bigger and louder having more and more influence over us..

Our emotions impact on our ability to

- focus, concentrate and direct our attention
- make decisions effectively and efficiently
- to build and sustain nurturing and trusting relationships
- manage our physical health
- be creative and be good at what we do

Feeling our feelings, naming them and talking about them enable us to be in the driving seat. Whatever we are feeling, our emotions are a source of information, they tell us what's going on, what we need. They leave us clues if we are willing to listen and learn from them.

So, I'll ask again... How are you feeling?

The next time someone asks you how you are, take a moment to pause and really consider how you feel.

The next time you ask someone how they are, pause and listen, be curious.

**WANT
TO
LEARN
MORE?**



[Unlocking Us - Brene Brown & Professor Marc Brackett](#)



[Emotional Intelligence with Professor Marc Brackett](#)



[Permission to Feel by Professor Marc Brackett](#)

INSIDE STEPPING STONES

Have you completed the [pre-engagement module](#)?

Connect with peers and colleagues through our Wellbeing Community. [Join](#) our first community space on Wednesday 9 November 2022 at 4-5.30pm

Deepen your knowledge with Education Scotland this month:

- Mathematics for [Primary](#) or [Secondary](#) teachers
- [DYW and Career Education Professional Learning](#)

I hope you found this helpful.

Please forward this to a friend or colleague if you think they might find it helpful.

Until next time...

Sarah

(& the Stepping Stones team)



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