



ADULT SEL SERIES

BEING MY BEST SELF

FALL 2021

Take 30 minutes for yourself and join us as we cultivate, discuss and reflect on adult social and emotional competencies. You do not have to attend all sessions.

- **How Your Identity Impacts You and Your Relationships:**

Your identity is a central part of who you are and greatly influences how you move through the world. During this adult SEL session, participants will learn more about identity markers and reflect on how their identity impacts their values, experiences, and relationships.


- Tuesday, September 21st at 2:30pm or 4:15pm
- Click [here](#) to register for this session.

- **Discovering the Power of Our Emotions:** Emotions and feelings are powerful sources of information. Every feeling is telling us something about what is going on inside us. In this session, we will discuss strategies to help you better understand your emotions and discuss strategies to regulate strong emotions when needed.

- Tuesday, September 28th at 2:30pm or Wednesday, September 29th at 4:15pm
- Click [here](#) to register for this session.

- **How to Let It Go: Ways to Prevent & Release Stress:** Are you feeling a little stressed? Then, join us for this session where we will discuss the impact that stress can have on your body and explore different self-care strategies to help prevent and release stress.

- Wednesday, October 13th at 2:30pm or 4:15pm
- Click [here](#) to register for this session.

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- **The Power of Yet:** In a year like no other, we could all benefit from having a positive outlook on life! In this session, we will be looking at ways to practice a growth mindset, identify areas of strength, and reframe our thinking about things we haven't yet been able to accomplish.
 - Wednesday, October 20th at 2:30pm or 4:15pm
 - Click [here](#) to register for this session.
 - **Attitude of Gratitude:** Gratitude helps people feel more positive emotions, relish good experiences, improve their health, deal with adversity, and build strong relationships. In addition, gratitude helps people refocus on what they have instead of what they lack. In this session, participants will explore the benefits of expressing gratitude and ways to cultivate it on a regular basis.
 - Wednesday, November 10th at 2:30pm or 4:15pm
 - Click [here](#) to register for this session.

Calendar invites will be sent with the link to the Google Meet.

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