Be Well This Month

Care for Our Social and Emotional Well-Being

May 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



May is **Mental Health Awareness Month**, a time to prioritize well-being and reduce stigma around mental health. We encourage you to explore the New York State Office of Mental Health's Mental Wellness and Crisis Prevention resources, or support in Finding a Mental Health Program.

Or explore **Breath, Body, Mind**: Quick & Simple Stress Relief sessions free of charge for all New Yorkers.

Jewish American Heritage Month in May is an opportunity to recognize the contributions, achievements, and resilience of Jewish Americans throughout history. We invite everyone to take time this month to learn, reflect, and celebrate the impact of Jewish American voices in shaping our society. Learn more at JewishAmericanHeritage.org.

IN CELEBRATION OF
JAHM
JEWISH AMERICAN HERITAGE MONTH



May is also **Asian American and Pacific Islander (AAPI) Heritage Month**, recognizing the diverse cultures, histories, and contributions of AAPI communities. Learn more and find ways to engage through the New York City Department of Education's AAPI Heritage Month resources.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.

This month's content addresses Goal 2 of New York's Social Emotional Learning Benchmarks, which focuses on **using social awareness and interpersonal skills to establish, navigate, and maintain mutually supportive relationships with individuals and groups that nurture a strong sense of belonging.**



Why Social Health is Key to Happiness and Longevity
With Kasley Killam



"You know it's important to take care of your physical and mental health. But what about your social health? Social scientist Kasley Killam shows how feeling a sense of belonging and connection has concrete benefits to your overall health — and explains why it may be the missing key to living a longer and happier life." Listen to her talk, **Why Social Health is Key to Happiness and Longevity**, on TED.com.

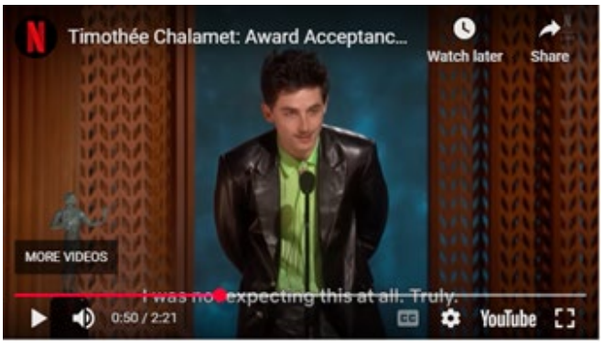
The Scientific Case for Diversity, Equity, and Inclusion
By Greater Good Editors



"…the scientific evidence in support of diversity, equity, and inclusion is very strong and suggests that they provide wide-ranging social benefits. As many studies show, celebrating the contributions of Black, Latino, Indigenous, and Asian Americans strengthens their sense of belonging and improves their performance at school and work. For Americans of European descent, experiencing diverse workplaces, classrooms, and neighborhoods

improves communication, compassion, and even health. Minority protections and inclusion strengthen democracy and expands our sense of who can be an American, which improves social cohesion." Explore this collection of articles addressing why diversity works and prejudice hurts, how diverse workplaces succeed, why diversity is good for kids, and why diversity is good for society in **The Scientific Case for Diversity, Equity, and Inclusion** on Greater Good Magazine.

Timothée Chalamet Just Said What No One Ever Says: The Science (and Art) of Humility
By Jeff Haden

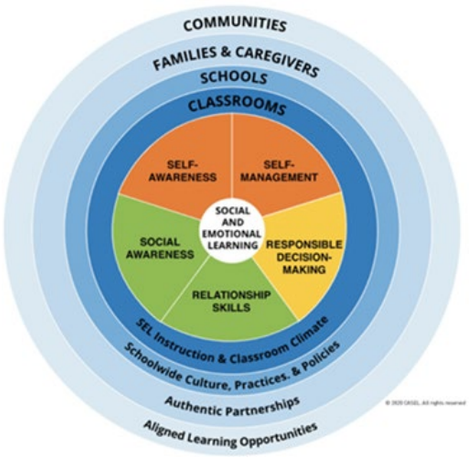


"Think Timothée Chalamet sounded cocky when he accepted a SAG award by claiming to be 'in pursuit of greatness'? Here's why you're wrong… Chalamet didn't say he was great. He was happy to win the award, and may have been surprised to win, but he also clearly felt it was the result of years of hard work, and not just on *A Complete Unknown.* He was 13 when enrolled at LaGuardia High School of Music & Art and Performing Arts in NYC, a top school for acting, artists, and musicians. He's been acting since then, and at 29 clearly has a huge work ethic." Read more about the value of humility and watch Chalamet's acceptance speech in **Timothée Chalamet Just Said What No One Ever Says: The Science (and Art) of Humility** on Inc.com.

Humans Aren't the Only Animals with Complex Culture – But Researchers Point to One Feature that Makes Ours Unique
By Eli Elster



"…extensive data has emerged suggesting that other animals, including bees, chimpanzees and crows, can also generate cultural complexity through social learning. Consequently, the debate over human uniqueness is shifting in a new direction. As an anthropologist, I study a different feature of human culture that researchers are beginning to think about: the diversity of our traditions. Whereas animal cultures affect just a few crucial behaviors, such as courtship and feeding, human cultures cover a massive and constantly expanding set of activities, from clothing to table manners to storytelling. This new view suggests that human culture is not uniquely cumulative. It is uniquely open-ended." Go deeper in **Humans Aren't the Only Animals with Complex Culture – But Researchers Point to One Feature that Makes Ours Unique** on TheConversation.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, 2020

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