

School Counsellor Newsletter



Aristotle at Home: Emotional Intelligence and Managing Stress

Newsletter 7

The Aristotle Emotional Intelligence (EI) team has recently created a [video resource](#) specifically for parents, on Emotional Intelligence and Managing Stress.

Given the ongoing issues we continue to face with Covid-19 it is extremely important we continue to prioritise Emotional Intelligence, which is why the Aristotle EI team have developed this further support resource. It builds on the previous worksheets that were made available in the *Aristotle at Home* newsletters 1 to 6, and is presented in the different format of an informative video with information slides, specifically for parents.

If you are interested in watching the video, or parts of it, please find an overview of its content below.

An introduction to Emotional Intelligence and why it is important

- Emotions affect everything we do.
- Developing EI helps us to effectively label, manage and understand emotions, communicate and express ourselves with others, make decisions, problem-solve and manage stress.

Explaining how Emotional Intelligence helps in the management of stress

- Examples of the characteristics children with highly developed EI have, as well as those with limited EI.

- The purpose of emotions - both positive and negative, and how these guide us.
- An explanation of what stress is - when it is beneficial and the common triggers and signs of stress to look out for in children.

Strategies and skills to help children be better equipped to manage stress

- Building up an emotional tool kit will help your children to manage their stress.
- Strategies and skills included are:
 - Problem-focused coping
 - Seeking help from others
 - Reading social cues
 - Using EI words
 - Being a role model
 - Managing emotions (ABC model)
 - Challenging unhelpful thoughts
 - Self care (e.g. sleep, diet, exercise, socialising, fun, relaxation)
 - Mindfulness
 - Gratitude
 - Self-soothing.
- The importance of listening to your child and not dismissing their feelings. As parents we do not need to have all of the answers all of the time, sometimes we just need to listen.

I am always open to questions or comments and the Aristotle EI team are also happy to be contacted with any questions. Their contact details are at the end of the video.



Jenelle Hooson

Jenelle is a Registered Provisional Member with NZAC (New Zealand Association of Counsellors).

If you wish to discuss the services the school counsellor can provide please see your son's homeroom teacher or Amos Pilgrim
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