

WEBVTT

NOTE duration:"00:58:38.440000"

NOTE recognizability:0.870

NOTE language:en-us

NOTE Confidence: 0.918553823809524

00:00:04.280 --> 00:00:06.608 The Pros for Peers webinar session

NOTE Confidence: 0.918553823809524

00:00:06.608 --> 00:00:08.560 is actually a collaboration between

NOTE Confidence: 0.918553823809524

00:00:08.560 --> 00:00:10.582 the Yale School of Medicine and

NOTE Confidence: 0.918553823809524

00:00:10.582 --> 00:00:12.303 Yale New Haven Health System,

NOTE Confidence: 0.918553823809524

00:00:12.303 --> 00:00:14.407 and it's brought to you by the School

NOTE Confidence: 0.918553823809524

00:00:14.407 --> 00:00:17.008 of Medicine's Office of Academic and

NOTE Confidence: 0.918553823809524

00:00:17.008 --> 00:00:18.546 Professional Development and the

NOTE Confidence: 0.918553823809524

00:00:18.546 --> 00:00:20.676 Health Systems Chief Wellness Officer.

NOTE Confidence: 0.918553823809524

00:00:20.680 --> 00:00:22.024 At this point, I'd like to turn

NOTE Confidence: 0.918553823809524

00:00:22.024 --> 00:00:23.586 it over to Doctor Robert Rohrbach,

NOTE Confidence: 0.918553823809524

00:00:23.586 --> 00:00:26.419 who is serves as a Deputy Dean for

NOTE Confidence: 0.918553823809524

00:00:26.419 --> 00:00:27.490 Professionalism and Leadership

NOTE Confidence: 0.918553823809524

00:00:27.554 --> 00:00:29.840 Development for the School of Medicine.

NOTE Confidence: 0.918553823809524

00:00:29.840 --> 00:00:30.920 Thanks so much, Doctor Robot.  
NOTE Confidence: 0.91511508952381

00:00:31.720 --> 00:00:32.996 Thanks so much, Peggy.  
NOTE Confidence: 0.91511508952381

00:00:32.996 --> 00:00:35.360 One of our missions is to elevate  
NOTE Confidence: 0.91511508952381

00:00:35.360 --> 00:00:37.255 well-being for faculty and staff  
NOTE Confidence: 0.91511508952381

00:00:37.255 --> 00:00:39.440 at the School of Medicine.  
NOTE Confidence: 0.91511508952381

00:00:39.440 --> 00:00:42.093 In surveys, our faculty and staff have  
NOTE Confidence: 0.91511508952381

00:00:42.093 --> 00:00:44.801 stated that the well-being of children  
NOTE Confidence: 0.91511508952381

00:00:44.801 --> 00:00:47.795 is among their most significant concerns.  
NOTE Confidence: 0.91511508952381

00:00:47.800 --> 00:00:49.325 We're really fortunate to have  
NOTE Confidence: 0.91511508952381

00:00:49.325 --> 00:00:50.850 world renowned faculty at the  
NOTE Confidence: 0.91511508952381

00:00:50.902 --> 00:00:52.785 Child Study Center who can help us  
NOTE Confidence: 0.91511508952381

00:00:52.785 --> 00:00:54.359 address that issue and that goal.  
NOTE Confidence: 0.91511508952381

00:00:54.360 --> 00:00:55.802 And I'm going to turn it over  
NOTE Confidence: 0.91511508952381

00:00:55.802 --> 00:00:56.720 to Doctor Christine Olson,  
NOTE Confidence: 0.91511508952381

00:00:56.720 --> 00:00:58.718 the Chief Wellness Officer of the  
NOTE Confidence: 0.91511508952381

00:00:58.720 --> 00:01:02.664 Yale New Haven Hospital and the

NOTE Confidence: 0.91511508952381  
00:01:02.664 --> 00:01:05.189 Aligned Clinical enterprise to  
NOTE Confidence: 0.91511508952381  
00:01:05.189 --> 00:01:07.523 describe the Pros for Peers program  
NOTE Confidence: 0.91511508952381  
00:01:07.523 --> 00:01:10.040 and to introduce Doctor Linda Mays.  
NOTE Confidence: 0.91511508952381  
00:01:10.040 --> 00:01:11.352 Thank you, Doctor Orbaugh.  
NOTE Confidence: 0.91511508952381  
00:01:11.352 --> 00:01:13.320 So the Pros for Peers program  
NOTE Confidence: 0.91511508952381  
00:01:13.388 --> 00:01:15.326 recognizes that at Yale School of  
NOTE Confidence: 0.91511508952381  
00:01:15.326 --> 00:01:17.439 Medicine and Yale New Haven Health,  
NOTE Confidence: 0.91511508952381  
00:01:17.440 --> 00:01:19.834 we are surrounded by world renowned  
NOTE Confidence: 0.91511508952381  
00:01:19.834 --> 00:01:22.880 experts in the various aspects of Wellness.  
NOTE Confidence: 0.91511508952381  
00:01:22.880 --> 00:01:25.168 And in the same spirit that we care  
NOTE Confidence: 0.91511508952381  
00:01:25.168 --> 00:01:26.879 for patients and our community,  
NOTE Confidence: 0.91511508952381  
00:01:26.880 --> 00:01:29.120 we care for one another.  
NOTE Confidence: 0.91511508952381  
00:01:29.120 --> 00:01:31.409 So we seek input from our medical  
NOTE Confidence: 0.91511508952381  
00:01:31.409 --> 00:01:33.580 community on how to maintain and  
NOTE Confidence: 0.91511508952381  
00:01:33.580 --> 00:01:35.818 promote their well-being and aim to  
NOTE Confidence: 0.91511508952381

00:01:35.818 --> 00:01:38.160 bring them a high quality response.  
NOTE Confidence: 0.91511508952381

00:01:38.160 --> 00:01:40.995 One topic that has come up on the last  
NOTE Confidence: 0.91511508952381

00:01:40.995 --> 00:01:43.866 survey is how is Yale recognizing and  
NOTE Confidence: 0.91511508952381

00:01:43.866 --> 00:01:46.719 supporting the mental health of young people?  
NOTE Confidence: 0.91511508952381

00:01:46.720 --> 00:01:49.204 And what can each of us do to support  
NOTE Confidence: 0.91511508952381

00:01:49.204 --> 00:01:51.623 the mental well-being of the young  
NOTE Confidence: 0.91511508952381

00:01:51.623 --> 00:01:54.758 people in our lives and around us?  
NOTE Confidence: 0.91511508952381

00:01:54.760 --> 00:01:56.585 And each Wednesday of this  
NOTE Confidence: 0.91511508952381

00:01:56.585 --> 00:01:57.680 Mental Health Month,  
NOTE Confidence: 0.91511508952381

00:01:57.680 --> 00:02:00.400 we're proud to bring the expertise of the  
NOTE Confidence: 0.91511508952381

00:02:00.400 --> 00:02:02.480 globally recognized Yale Child Study Center.  
NOTE Confidence: 0.91511508952381

00:02:02.480 --> 00:02:04.590 And today to talk about  
NOTE Confidence: 0.91511508952381

00:02:04.590 --> 00:02:05.434 understanding emotions.  
NOTE Confidence: 0.91511508952381

00:02:05.440 --> 00:02:08.256 So it is a great pleasure to introduce  
NOTE Confidence: 0.91511508952381

00:02:08.256 --> 00:02:10.358 the chair of the Yale Style,  
NOTE Confidence: 0.91511508952381

00:02:10.360 --> 00:02:12.440 the Yale Child Study Center,

NOTE Confidence: 0.91511508952381

00:02:12.440 --> 00:02:14.920 our host, Doctor Linda Mays.

NOTE Confidence: 0.91511508952381

00:02:14.920 --> 00:02:15.800 Doctor Mays

NOTE Confidence: 0.7467158

00:02:16.080 --> 00:02:17.640 Yes, thank you, Doctor Olson,

NOTE Confidence: 0.7467158

00:02:17.640 --> 00:02:20.454 and I'm so glad to have a chance

NOTE Confidence: 0.7467158

00:02:20.454 --> 00:02:21.762 for this webinar and to have

NOTE Confidence: 0.7467158

00:02:21.762 --> 00:02:22.996 been able to join you all.

NOTE Confidence: 0.7467158

00:02:23.000 --> 00:02:25.120 Everyone over this month or

NOTE Confidence: 0.7467158

00:02:25.120 --> 00:02:27.240 May as Mental Health Month.

NOTE Confidence: 0.7467158

00:02:27.240 --> 00:02:29.360 I want to introduce you to my colleagues.

NOTE Confidence: 0.7467158

00:02:29.360 --> 00:02:30.880 But before I do that,

NOTE Confidence: 0.7467158

00:02:30.880 --> 00:02:32.952 just to tell you very briefly if

NOTE Confidence: 0.7467158

00:02:32.952 --> 00:02:34.998 you're new to the series today,

NOTE Confidence: 0.7467158

00:02:35.000 --> 00:02:38.717 just a tiny bit about the Child Study Center.

NOTE Confidence: 0.7467158

00:02:38.720 --> 00:02:41.519 We were founded in 1911 and

NOTE Confidence: 0.7467158

00:02:41.519 --> 00:02:42.953 we're a department in the school

NOTE Confidence: 0.7467158

00:02:42.953 --> 00:02:44.280 at Yale School of Medicine.

NOTE Confidence: 0.7467158

00:02:44.280 --> 00:02:46.440 We focus on developmental science,

NOTE Confidence: 0.7467158

00:02:46.440 --> 00:02:48.880 that is, how do children grow in their

NOTE Confidence: 0.7467158

00:02:48.880 --> 00:02:50.674 understanding of the world and the

NOTE Confidence: 0.7467158

00:02:50.674 --> 00:02:53.040 skills that they have to navigate that world.

NOTE Confidence: 0.7467158

00:02:53.040 --> 00:02:55.656 And we're also a department that

NOTE Confidence: 0.7467158

00:02:55.656 --> 00:02:57.400 provides extensive clinical services,

NOTE Confidence: 0.7467158

00:02:57.400 --> 00:02:58.928 the children and adolescents

NOTE Confidence: 0.7467158

00:02:58.928 --> 00:03:00.074 and their families.

NOTE Confidence: 0.7467158

00:03:00.080 --> 00:03:02.544 We train child psychiatrists,

NOTE Confidence: 0.7467158

00:03:02.544 --> 00:03:03.160 psychologists,

NOTE Confidence: 0.7467158

00:03:03.160 --> 00:03:04.126 social workers,

NOTE Confidence: 0.7467158

00:03:04.126 --> 00:03:04.609 pediatricians,

NOTE Confidence: 0.7467158

00:03:04.609 --> 00:03:07.990 and we have over 20 different perspectives

NOTE Confidence: 0.7467158

00:03:08.059 --> 00:03:10.044 or disciplines represented in our

NOTE Confidence: 0.7467158

00:03:10.044 --> 00:03:12.560 community of just over 500 people,

NOTE Confidence: 0.7467158

00:03:12.560 --> 00:03:15.142 with a faculty of 170 and then

NOTE Confidence: 0.7467158

00:03:15.142 --> 00:03:18.052 fellows and trainees and our

NOTE Confidence: 0.7467158

00:03:18.052 --> 00:03:19.798 staff supporting everything.

NOTE Confidence: 0.7467158

00:03:19.800 --> 00:03:22.488 Our research spans from basic biology

NOTE Confidence: 0.7467158

00:03:22.488 --> 00:03:25.570 to working in schools and implementing

NOTE Confidence: 0.7467158

00:03:25.570 --> 00:03:27.998 interventions in the community.

NOTE Confidence: 0.7467158

00:03:28.000 --> 00:03:28.885 And we're very,

NOTE Confidence: 0.7467158

00:03:28.885 --> 00:03:31.368 very deeply engaged in how do we take

NOTE Confidence: 0.7467158

00:03:31.368 --> 00:03:33.973 the best science and translate that to

NOTE Confidence: 0.7467158

00:03:33.973 --> 00:03:36.438 programs for children and families.

NOTE Confidence: 0.7467158

00:03:36.440 --> 00:03:39.398 We serve over 3000 children and

NOTE Confidence: 0.7467158

00:03:39.398 --> 00:03:41.370 families annually through about

NOTE Confidence: 0.7467158

00:03:41.449 --> 00:03:43.639 a little over 60,000 visits.

NOTE Confidence: 0.7467158

00:03:43.640 --> 00:03:45.040 And as I'm sure you've been reading,

NOTE Confidence: 0.7467158

00:03:45.040 --> 00:03:46.555 there's been a steady increase

NOTE Confidence: 0.7467158

00:03:46.555 --> 00:03:48.495 in the need for mental health  
NOTE Confidence: 0.7467158

00:03:48.495 --> 00:03:49.959 services across all ages.  
NOTE Confidence: 0.7467158

00:03:49.960 --> 00:03:51.785 And that's what we're trying  
NOTE Confidence: 0.7467158

00:03:51.785 --> 00:03:55.079 to to meet in our services.  
NOTE Confidence: 0.7467158

00:03:55.080 --> 00:03:55.778 I'm very,  
NOTE Confidence: 0.7467158

00:03:55.778 --> 00:03:58.221 very pleased to introduce you to my  
NOTE Confidence: 0.7467158

00:03:58.221 --> 00:04:00.378 colleagues in the Center for Emotional  
NOTE Confidence: 0.7467158

00:04:00.378 --> 00:04:02.560 Intelligence who are with us today.  
NOTE Confidence: 0.7467158

00:04:02.560 --> 00:04:05.313 A group that joined us in the last,  
NOTE Confidence: 0.7467158

00:04:05.313 --> 00:04:06.637 certainly before the pandemic,  
NOTE Confidence: 0.7467158

00:04:06.640 --> 00:04:09.840 as we time things pre and post pandemic,  
NOTE Confidence: 0.7467158

00:04:09.840 --> 00:04:12.724 but a group that really are asking  
NOTE Confidence: 0.7467158

00:04:12.724 --> 00:04:15.358 very key questions about emotion and  
NOTE Confidence: 0.7467158

00:04:15.360 --> 00:04:17.940 how to ensure children's developmental  
NOTE Confidence: 0.7467158

00:04:17.940 --> 00:04:20.520 emotional skills for their well-being.  
NOTE Confidence: 0.7467158

00:04:20.520 --> 00:04:22.188 And today you'll hear about that

NOTE Confidence: 0.7467158

00:04:22.188 --> 00:04:24.563 and the role of mindfulness and the

NOTE Confidence: 0.7467158

00:04:24.563 --> 00:04:26.558 case for social emotional learning.

NOTE Confidence: 0.7467158

00:04:26.560 --> 00:04:29.248 Our first speaker will be Doctor

NOTE Confidence: 0.7467158

00:04:29.248 --> 00:04:30.592 Mark Mark Brackett,

NOTE Confidence: 0.7467158

00:04:30.600 --> 00:04:32.776 who is the director of the Yale Center

NOTE Confidence: 0.7467158

00:04:32.776 --> 00:04:34.368 for Emotional Intelligence and a

NOTE Confidence: 0.7467158

00:04:34.368 --> 00:04:36.354 professor in the Child Studies Center,

NOTE Confidence: 0.7467158

00:04:36.360 --> 00:04:38.892 and actually the recent author of

NOTE Confidence: 0.7467158

00:04:38.892 --> 00:04:41.239 a book called Permission to Feel.

NOTE Confidence: 0.7467158

00:04:41.240 --> 00:04:42.900 Doctor Brackett will then be

NOTE Confidence: 0.7467158

00:04:42.900 --> 00:04:44.560 followed by Doctor James Floman,

NOTE Confidence: 0.7467158

00:04:44.560 --> 00:04:46.180 also a faculty member in

NOTE Confidence: 0.7467158

00:04:46.180 --> 00:04:47.476 the Child Studies Center,

NOTE Confidence: 0.7467158

00:04:47.480 --> 00:04:50.588 and James will discuss the role of

NOTE Confidence: 0.7467158

00:04:50.588 --> 00:04:52.496 mindfulness in supporting children's

NOTE Confidence: 0.7467158

00:04:52.496 --> 00:04:54.800 psychological health and well-being.

NOTE Confidence: 0.7467158

00:04:54.800 --> 00:04:56.990 And then we'll our third speaker

NOTE Confidence: 0.7467158

00:04:56.990 --> 00:04:59.559 today will be Doctor Chris Cipriano,

NOTE Confidence: 0.7467158

00:04:59.560 --> 00:05:01.882 who is an associate professor and

NOTE Confidence: 0.7467158

00:05:01.882 --> 00:05:04.360 director of the Education Collaboratory

NOTE Confidence: 0.7467158

00:05:04.360 --> 00:05:06.360 in the Child Studies Center.

NOTE Confidence: 0.7467158

00:05:06.360 --> 00:05:08.724 And Chris will really be focusing

NOTE Confidence: 0.7467158

00:05:08.724 --> 00:05:11.090 on schools and the case for

NOTE Confidence: 0.7467158

00:05:11.090 --> 00:05:13.060 social emotional learning in the

NOTE Confidence: 0.7467158

00:05:13.135 --> 00:05:14.519 educational context.

NOTE Confidence: 0.7467158

00:05:14.520 --> 00:05:15.880 So again, thanks for joining.

NOTE Confidence: 0.7467158

00:05:15.880 --> 00:05:17.917 And let me turn to Doctor Brackett.

NOTE Confidence: 0.7467158

00:05:17.920 --> 00:05:18.153 Mark,

NOTE Confidence: 0.7467158

00:05:18.153 --> 00:05:19.318 can you start us off?

NOTE Confidence: 0.890418283333334

00:05:19.800 --> 00:05:21.756 I will be delighted. Thank you.

NOTE Confidence: 0.890418283333334

00:05:21.760 --> 00:05:24.384 I guess I should start off by asking

NOTE Confidence: 0.890418283333334  
00:05:24.384 --> 00:05:26.028 everybody, how are you feeling  
NOTE Confidence: 0.890418283333334  
00:05:26.028 --> 00:05:28.640 since this is our topic of the day,  
NOTE Confidence: 0.890418283333334  
00:05:28.640 --> 00:05:30.614 But that's probably a question that  
NOTE Confidence: 0.890418283333334  
00:05:30.614 --> 00:05:32.744 we don't get asked a lot, right?  
NOTE Confidence: 0.890418283333334  
00:05:32.744 --> 00:05:34.720 Working at a university, you know,  
NOTE Confidence: 0.890418283333334  
00:05:34.720 --> 00:05:35.600 walking around the hallways,  
NOTE Confidence: 0.890418283333334  
00:05:35.600 --> 00:05:37.680 How many times do we stop and say,  
NOTE Confidence: 0.890418283333334  
00:05:37.680 --> 00:05:40.632 just want to know how are you feeling today?  
NOTE Confidence: 0.890418283333334  
00:05:40.640 --> 00:05:42.680 And so that was not a rhetorical question,  
NOTE Confidence: 0.890418283333334  
00:05:42.680 --> 00:05:44.932 by the way, let's just all  
NOTE Confidence: 0.890418283333334  
00:05:44.932 --> 00:05:46.156 take a moment and check in.  
NOTE Confidence: 0.890418283333334  
00:05:46.160 --> 00:05:48.888 It's twelve O 5 on a Wednesday,  
NOTE Confidence: 0.890418283333334  
00:05:48.888 --> 00:05:50.520 Thursday. What is today?  
NOTE Confidence: 0.890418283333334  
00:05:50.520 --> 00:05:51.200 I don't even know  
NOTE Confidence: 0.862408425  
00:05:54.160 --> 00:05:56.280 how we feeling. Can we use the chat?  
NOTE Confidence: 0.862408425

00:05:56.280 --> 00:05:57.880 Can people are people  
NOTE Confidence: 0.862408425

00:05:57.880 --> 00:05:59.880 allowed to use the chat?  
NOTE Confidence: 0.862408425

00:05:59.880 --> 00:06:00.732 All right, everybody,  
NOTE Confidence: 0.862408425

00:06:00.732 --> 00:06:02.436 so let's just take a second.  
NOTE Confidence: 0.862408425

00:06:02.440 --> 00:06:04.376 What's your feeling word?  
NOTE Confidence: 0.862408425

00:06:04.376 --> 00:06:07.280 What's your feeling words right now?  
NOTE Confidence: 0.862408425

00:06:07.280 --> 00:06:08.900 I'm excited to be here just  
NOTE Confidence: 0.862408425

00:06:08.900 --> 00:06:10.520 to use my word and feeling  
NOTE Confidence: 0.862408425

00:06:10.520 --> 00:06:11.640 connected to my colleagues,  
NOTE Confidence: 0.862408425

00:06:11.640 --> 00:06:14.118 which is nice to do things together.  
NOTE Confidence: 0.862408425

00:06:14.120 --> 00:06:15.596 Other feelings that are coming up  
NOTE Confidence: 0.906660845

00:06:19.480 --> 00:06:21.640 and from the lack of contribution,  
NOTE Confidence: 0.906660845

00:06:21.640 --> 00:06:22.840 the chat, I am.  
NOTE Confidence: 0.906660845

00:06:22.840 --> 00:06:24.232 All right, here we go.  
NOTE Confidence: 0.906660845

00:06:24.232 --> 00:06:26.485 That's good. We got hopeful.  
NOTE Confidence: 0.906660845

00:06:26.485 --> 00:06:29.360 We got Chris as motivated.

NOTE Confidence: 0.906660845

00:06:29.360 --> 00:06:32.160 I said my two colleagues who are

NOTE Confidence: 0.906660845

00:06:32.160 --> 00:06:35.776 presenting their we know their feelings.

NOTE Confidence: 0.906660845

00:06:35.776 --> 00:06:37.840 Others, Bob, thank you, excited.

NOTE Confidence: 0.7948939

00:06:40.440 --> 00:06:41.720 We got some curiosity.

NOTE Confidence: 0.94659633

00:06:44.840 --> 00:06:46.066 It's interesting, you know,

NOTE Confidence: 0.94659633

00:06:46.066 --> 00:06:47.595 all of us here, right?

NOTE Confidence: 0.94659633

00:06:47.595 --> 00:06:49.335 We're mentioning that we're

NOTE Confidence: 0.94659633

00:06:49.335 --> 00:06:51.075 feeling mostly pleasant emotions,

NOTE Confidence: 0.94659633

00:06:51.080 --> 00:06:52.936 you know, curious, hopeful,

NOTE Confidence: 0.94659633

00:06:52.936 --> 00:06:55.200 motivated, inspired, excited.

NOTE Confidence: 0.95250452

00:06:57.840 --> 00:07:00.108 And I wonder, you know, when you look

NOTE Confidence: 0.95250452

00:07:00.108 --> 00:07:03.160 at the data around the world here,

NOTE Confidence: 0.95250452

00:07:03.160 --> 00:07:04.876 you know, in Connecticut or elsewhere,

NOTE Confidence: 0.95250452

00:07:04.880 --> 00:07:06.920 you see people are experiencing,

NOTE Confidence: 0.95250452

00:07:06.920 --> 00:07:09.650 at least in surveys and in mental

NOTE Confidence: 0.95250452

00:07:09.650 --> 00:07:11.660 health questionnaires, you know,  
NOTE Confidence: 0.95250452

00:07:11.660 --> 00:07:14.360 not so many pleasant emotions.  
NOTE Confidence: 0.95250452

00:07:14.360 --> 00:07:16.916 And I think the question that we have is,  
NOTE Confidence: 0.95250452

00:07:16.920 --> 00:07:18.018 you know, what are we supposed  
NOTE Confidence: 0.95250452

00:07:18.018 --> 00:07:19.160 to do with our feelings?  
NOTE Confidence: 0.95250452

00:07:19.160 --> 00:07:21.880 Like, do you just sit with those feelings?  
NOTE Confidence: 0.95250452

00:07:21.880 --> 00:07:23.280 Do you ignore those feelings?  
NOTE Confidence: 0.95250452

00:07:23.280 --> 00:07:24.560 Do you deny them?  
NOTE Confidence: 0.95250452

00:07:24.560 --> 00:07:27.392 Do you suppress them or do you learn  
NOTE Confidence: 0.95250452

00:07:27.392 --> 00:07:29.720 how to use those feelings wisely?  
NOTE Confidence: 0.95250452

00:07:29.720 --> 00:07:33.614 And so I wanted to start off by just  
NOTE Confidence: 0.95250452

00:07:33.614 --> 00:07:36.818 saying that the work on emotional  
NOTE Confidence: 0.95250452

00:07:36.818 --> 00:07:39.519 intelligence actually started here at Yale.  
NOTE Confidence: 0.95250452

00:07:39.520 --> 00:07:40.180 Peter Saliva,  
NOTE Confidence: 0.95250452

00:07:40.180 --> 00:07:42.160 who is leaving as our president  
NOTE Confidence: 0.95250452

00:07:42.160 --> 00:07:44.440 but a professor of psychology,

NOTE Confidence: 0.95250452

00:07:44.440 --> 00:07:46.280 founded the theory of emotional

NOTE Confidence: 0.95250452

00:07:46.280 --> 00:07:48.120 intelligence with my doctoral advisor,

NOTE Confidence: 0.95250452

00:07:48.120 --> 00:07:50.040 whose name is Jack Mayer.

NOTE Confidence: 0.95250452

00:07:50.040 --> 00:07:52.080 And that was back in 1990.

NOTE Confidence: 0.95250452

00:07:52.080 --> 00:07:55.433 They had this idea that people

NOTE Confidence: 0.95250452

00:07:55.433 --> 00:07:57.398 could use their feelings wisely,

NOTE Confidence: 0.95250452

00:07:57.400 --> 00:07:59.854 that there was there were certain

NOTE Confidence: 0.95250452

00:07:59.854 --> 00:08:02.808 people in the world who they were

NOTE Confidence: 0.95250452

00:08:02.808 --> 00:08:05.523 just slightly more aware of their

NOTE Confidence: 0.95250452

00:08:05.523 --> 00:08:08.330 emotions and more capable of using them

NOTE Confidence: 0.95250452

00:08:08.412 --> 00:08:11.240 wisely to achieve their goals in life.

NOTE Confidence: 0.95250452

00:08:11.240 --> 00:08:13.837 And there had not been a concept

NOTE Confidence: 0.95250452

00:08:13.840 --> 00:08:15.244 named for that phenomenon.

NOTE Confidence: 0.95250452

00:08:15.244 --> 00:08:17.350 And so they coined the term

NOTE Confidence: 0.95250452

00:08:17.422 --> 00:08:18.920 emotional intelligence.

NOTE Confidence: 0.95250452

00:08:18.920 --> 00:08:19.760 Many of you know that's,  
NOTE Confidence: 0.95250452

00:08:19.760 --> 00:08:22.320 that's 35 years ago now.  
NOTE Confidence: 0.95250452

00:08:22.320 --> 00:08:24.231 Actually just wrote an article about this  
NOTE Confidence: 0.95250452

00:08:24.231 --> 00:08:26.399 with 35 years of emotional intelligence.  
NOTE Confidence: 0.95250452

00:08:26.400 --> 00:08:28.160 What have we learned?  
NOTE Confidence: 0.95250452

00:08:28.160 --> 00:08:30.360 And we've learned a lot.  
NOTE Confidence: 0.95250452

00:08:30.360 --> 00:08:32.320 What I will say is that we've learned a lot,  
NOTE Confidence: 0.95250452

00:08:32.320 --> 00:08:34.918 but we have an implementation problem.  
NOTE Confidence: 0.95250452

00:08:34.920 --> 00:08:39.144 And what I mean by that is that we  
NOTE Confidence: 0.95250452

00:08:39.144 --> 00:08:41.416 haven't figured out really based on,  
NOTE Confidence: 0.95250452

00:08:41.416 --> 00:08:42.664 and you're going to hear this  
NOTE Confidence: 0.95250452

00:08:42.664 --> 00:08:43.877 from Chris and James as well,  
NOTE Confidence: 0.95250452

00:08:43.880 --> 00:08:46.155 really how to bring these  
NOTE Confidence: 0.95250452

00:08:46.155 --> 00:08:47.520 concepts into families,  
NOTE Confidence: 0.95250452

00:08:47.520 --> 00:08:48.888 into school systems in  
NOTE Confidence: 0.95250452

00:08:48.888 --> 00:08:50.598 some ways where they stick.

NOTE Confidence: 0.95250452

00:08:50.600 --> 00:08:53.960 And same thing for corporations,

NOTE Confidence: 0.95250452

00:08:53.960 --> 00:08:55.560 lots of reasons for that.

NOTE Confidence: 0.95250452

00:08:55.560 --> 00:08:57.394 We won't go into that right now.

NOTE Confidence: 0.95250452

00:08:57.400 --> 00:08:59.920 But so we have this thing,

NOTE Confidence: 0.95250452

00:08:59.920 --> 00:09:02.830 this concept that we call emotional

NOTE Confidence: 0.95250452

00:09:02.830 --> 00:09:05.216 intelligence and we define it now through

NOTE Confidence: 0.95250452

00:09:05.216 --> 00:09:07.599 our centers work as five key skills.

NOTE Confidence: 0.95250452

00:09:07.600 --> 00:09:09.598 We call them the ruler skills.

NOTE Confidence: 0.95250452

00:09:09.600 --> 00:09:12.396 So the first is recognizing emotions.

NOTE Confidence: 0.95250452

00:09:12.400 --> 00:09:13.444 So for example,

NOTE Confidence: 0.95250452

00:09:13.444 --> 00:09:15.532 I'm looking at my colleagues facial

NOTE Confidence: 0.95250452

00:09:15.532 --> 00:09:17.352 expressions right now and trying to

NOTE Confidence: 0.95250452

00:09:17.352 --> 00:09:19.758 figure out like what's what are they feeling?

NOTE Confidence: 0.95250452

00:09:19.760 --> 00:09:21.065 And is it,

NOTE Confidence: 0.95250452

00:09:21.065 --> 00:09:23.240 it's hard to do that.

NOTE Confidence: 0.95250452

00:09:23.240 --> 00:09:25.520 It's hard to do that because not  
NOTE Confidence: 0.95250452

00:09:25.520 --> 00:09:28.400 everybody shows emotions the same way.  
NOTE Confidence: 0.95250452

00:09:28.400 --> 00:09:29.848 We have cultural differences.  
NOTE Confidence: 0.95250452

00:09:29.848 --> 00:09:31.658 We've got family background that  
NOTE Confidence: 0.95250452

00:09:31.658 --> 00:09:33.358 influences our perception of emotion.  
NOTE Confidence: 0.95250452

00:09:33.360 --> 00:09:36.078 We've got our own stuff in our own heads,  
NOTE Confidence: 0.95250452

00:09:36.080 --> 00:09:36.426 right,  
NOTE Confidence: 0.95250452

00:09:36.426 --> 00:09:38.502 that we project onto other people  
NOTE Confidence: 0.95250452

00:09:38.502 --> 00:09:40.520 as we're reading their feelings.  
NOTE Confidence: 0.95250452

00:09:40.520 --> 00:09:43.400 Children in particular,  
NOTE Confidence: 0.95250452

00:09:43.400 --> 00:09:45.760 those of you who have children know that,  
NOTE Confidence: 0.95250452

00:09:45.760 --> 00:09:47.110 you know they're good at masking  
NOTE Confidence: 0.95250452

00:09:47.110 --> 00:09:47.560 their feelings.  
NOTE Confidence: 0.95250452

00:09:47.560 --> 00:09:49.180 They don't necessarily want you  
NOTE Confidence: 0.95250452

00:09:49.180 --> 00:09:50.800 to know how they're feeling,  
NOTE Confidence: 0.95250452

00:09:50.800 --> 00:09:52.816 and there's a variety of reasons

NOTE Confidence: 0.95250452

00:09:52.816 --> 00:09:54.160 for that as well.

NOTE Confidence: 0.95250452

00:09:54.160 --> 00:09:56.158 Then there's the understanding of emotion,

NOTE Confidence: 0.95250452

00:09:56.160 --> 00:09:59.553 like why do we feel the way we feel?

NOTE Confidence: 0.95250452

00:09:59.560 --> 00:10:02.836 What makes us feel angry versus elated

NOTE Confidence: 0.95250452

00:10:02.840 --> 00:10:04.896 versus disappointed versus frustrated?

NOTE Confidence: 0.95250452

00:10:04.896 --> 00:10:06.438 In our research,

NOTE Confidence: 0.968347254166667

00:10:06.440 --> 00:10:09.257 what we find is that a lot of people

NOTE Confidence: 0.968347254166667

00:10:09.257 --> 00:10:11.338 just don't understand their feelings.

NOTE Confidence: 0.968347254166667

00:10:11.338 --> 00:10:12.483 They don't know why they

NOTE Confidence: 0.968347254166667

00:10:12.483 --> 00:10:13.560 feel the way they do.

NOTE Confidence: 0.968347254166667

00:10:13.560 --> 00:10:15.877 They're not even sure what they're feeling.

NOTE Confidence: 0.968347254166667

00:10:15.880 --> 00:10:17.875 My best example was here at Yale.

NOTE Confidence: 0.81790212125

00:10:20.040 --> 00:10:21.840 Just I think this is a great example,

NOTE Confidence: 0.81790212125

00:10:21.840 --> 00:10:24.168 which is all my students were

NOTE Confidence: 0.81790212125

00:10:24.168 --> 00:10:25.720 saying they were stressed.

NOTE Confidence: 0.81790212125

00:10:25.720 --> 00:10:28.960 And I asked them then to journal about the  
NOTE Confidence: 0.81790212125

00:10:28.960 --> 00:10:32.040 things that were making them feel stressed.  
NOTE Confidence: 0.81790212125

00:10:32.040 --> 00:10:33.872 And what I learned was that, you know,  
NOTE Confidence: 0.81790212125

00:10:33.872 --> 00:10:35.918 we define stress as in the kind of the  
NOTE Confidence: 0.81790212125

00:10:35.918 --> 00:10:37.514 distress way of thinking about it,  
NOTE Confidence: 0.81790212125

00:10:37.520 --> 00:10:39.720 that we have a lot of demands and  
NOTE Confidence: 0.81790212125

00:10:39.720 --> 00:10:42.004 we have not a lot of resources to  
NOTE Confidence: 0.81790212125

00:10:42.004 --> 00:10:44.920 kind of deal with those demands.  
NOTE Confidence: 0.81790212125

00:10:44.920 --> 00:10:47.360 Anxiety would be about uncertainty,  
NOTE Confidence: 0.81790212125

00:10:47.360 --> 00:10:49.060 overwhelmed as when you're  
NOTE Confidence: 0.81790212125

00:10:49.060 --> 00:10:50.760 saturated with your feelings.  
NOTE Confidence: 0.81790212125

00:10:50.760 --> 00:10:52.881 But anyhow, when they journaled about it  
NOTE Confidence: 0.81790212125

00:10:52.881 --> 00:10:55.599 and then we analyzed the qualitative data,  
NOTE Confidence: 0.81790212125

00:10:55.600 --> 00:10:58.736 what we found was that the number  
NOTE Confidence: 0.81790212125

00:10:58.736 --> 00:11:02.503 one emotion was envy that they were  
NOTE Confidence: 0.81790212125

00:11:02.503 --> 00:11:04.069 really experiencing quite a bit of

NOTE Confidence: 0.81790212125

00:11:04.069 --> 00:11:05.836 envy that they were calling stress.

NOTE Confidence: 0.81790212125

00:11:05.840 --> 00:11:07.996 Now, I guess you could imagine that

NOTE Confidence: 0.81790212125

00:11:08.000 --> 00:11:09.716 feeling envious might cause you stress,

NOTE Confidence: 0.81790212125

00:11:09.720 --> 00:11:12.716 but the point is, what do you,

NOTE Confidence: 0.81790212125

00:11:12.720 --> 00:11:13.884 you know, the,

NOTE Confidence: 0.81790212125

00:11:13.884 --> 00:11:16.212 the strategies that maybe the counseling

NOTE Confidence: 0.81790212125

00:11:16.212 --> 00:11:18.505 center or even a psychologist might

NOTE Confidence: 0.81790212125

00:11:18.505 --> 00:11:20.532 provide that teenager or young adult

NOTE Confidence: 0.81790212125

00:11:20.532 --> 00:11:23.151 to deal with stress might not be the

NOTE Confidence: 0.81790212125

00:11:23.151 --> 00:11:25.631 strategies that work best to deal with envy,

NOTE Confidence: 0.81790212125

00:11:25.640 --> 00:11:25.928 right?

NOTE Confidence: 0.81790212125

00:11:25.928 --> 00:11:28.232 So envy, right, when you think about it,

NOTE Confidence: 0.81790212125

00:11:28.240 --> 00:11:31.036 is, you know, this perception that,

NOTE Confidence: 0.81790212125

00:11:31.040 --> 00:11:31.572 you know,

NOTE Confidence: 0.81790212125

00:11:31.572 --> 00:11:33.434 everybody's got something better than I have.

NOTE Confidence: 0.81790212125

00:11:33.440 --> 00:11:35.240 You know,  
NOTE Confidence: 0.81790212125

00:11:35.240 --> 00:11:37.039 it's not so much always about resentment,  
NOTE Confidence: 0.81790212125

00:11:37.040 --> 00:11:38.160 although it could be.  
NOTE Confidence: 0.81790212125

00:11:38.160 --> 00:11:39.840 And So what happens is the  
NOTE Confidence: 0.81790212125

00:11:39.908 --> 00:11:41.444 students are sitting around  
NOTE Confidence: 0.81790212125

00:11:41.444 --> 00:11:43.418 thinking like this mother this,  
NOTE Confidence: 0.81790212125

00:11:43.418 --> 00:11:45.872 this my friend's mother is more  
NOTE Confidence: 0.81790212125

00:11:45.872 --> 00:11:47.440 successful than my mother.  
NOTE Confidence: 0.81790212125

00:11:47.440 --> 00:11:48.612 This person's father makes  
NOTE Confidence: 0.81790212125

00:11:48.612 --> 00:11:50.077 more money than my father.  
NOTE Confidence: 0.81790212125

00:11:50.080 --> 00:11:51.905 This mother has more connections  
NOTE Confidence: 0.81790212125

00:11:51.905 --> 00:11:53.000 than my mother.  
NOTE Confidence: 0.81790212125

00:11:53.000 --> 00:11:55.968 And so they're sitting with a brain  
NOTE Confidence: 0.81790212125

00:11:55.968 --> 00:11:59.000 that is activated by social comparison.  
NOTE Confidence: 0.81790212125

00:11:59.000 --> 00:12:00.324 And the question is,  
NOTE Confidence: 0.81790212125

00:12:00.324 --> 00:12:03.320 what do we do to support that person

NOTE Confidence: 0.81790212125

00:12:03.320 --> 00:12:07.160 in reframing or maybe having more

NOTE Confidence: 0.81790212125

00:12:07.160 --> 00:12:09.193 gratitude because there's not much

NOTE Confidence: 0.81790212125

00:12:09.193 --> 00:12:11.275 you can do about the fact that some

NOTE Confidence: 0.81790212125

00:12:11.275 --> 00:12:13.400 people are richer than you are or have

NOTE Confidence: 0.81790212125

00:12:13.400 --> 00:12:14.960 a better connection than you have.

NOTE Confidence: 0.81790212125

00:12:14.960 --> 00:12:16.424 And so point is,

NOTE Confidence: 0.81790212125

00:12:16.424 --> 00:12:18.960 is that the work that we do at our center,

NOTE Confidence: 0.81790212125

00:12:18.960 --> 00:12:20.589 especially for children,

NOTE Confidence: 0.81790212125

00:12:20.589 --> 00:12:24.390 is helping the adults who are raising

NOTE Confidence: 0.81790212125

00:12:24.480 --> 00:12:27.106 and teaching children build their

NOTE Confidence: 0.81790212125

00:12:27.106 --> 00:12:29.071 emotional intelligence skills so they

NOTE Confidence: 0.81790212125

00:12:29.071 --> 00:12:31.400 can support children's healthy development.

NOTE Confidence: 0.81790212125

00:12:31.400 --> 00:12:33.612 Meaning that we want to help the

NOTE Confidence: 0.81790212125

00:12:33.612 --> 00:12:35.356 adults understand their feelings and

NOTE Confidence: 0.81790212125

00:12:35.356 --> 00:12:37.558 have the language to describe feelings

NOTE Confidence: 0.81790212125

00:12:37.558 --> 00:12:39.574 accurately so they can work with  
NOTE Confidence: 0.81790212125

00:12:39.574 --> 00:12:42.676 children to help them build their vocabulary.  
NOTE Confidence: 0.81790212125

00:12:42.680 --> 00:12:46.960 The E in Ruler is about expressing emotions.  
NOTE Confidence: 0.81790212125

00:12:46.960 --> 00:12:48.862 This is an interesting piece of  
NOTE Confidence: 0.81790212125

00:12:48.862 --> 00:12:50.130 emotional intelligence because it's  
NOTE Confidence: 0.81790212125

00:12:50.186 --> 00:12:52.006 about knowing how and when to express  
NOTE Confidence: 0.81790212125

00:12:52.006 --> 00:12:53.600 our feelings with different people  
NOTE Confidence: 0.81790212125

00:12:53.600 --> 00:12:57.000 across culture, across context.  
NOTE Confidence: 0.81790212125

00:12:57.000 --> 00:12:58.350 So for example,  
NOTE Confidence: 0.81790212125

00:12:58.350 --> 00:13:00.600 Ruler is in 27 countries.  
NOTE Confidence: 0.81790212125

00:13:00.600 --> 00:13:04.654 Now we're more seriously in four countries.  
NOTE Confidence: 0.81790212125

00:13:04.654 --> 00:13:07.110 We're in a lot of schools in Italy  
NOTE Confidence: 0.81790212125

00:13:07.173 --> 00:13:09.051 and Spain and Central and South  
NOTE Confidence: 0.81790212125

00:13:09.051 --> 00:13:10.919 America and in over in China.  
NOTE Confidence: 0.81790212125

00:13:10.920 --> 00:13:11.967 And so, right,  
NOTE Confidence: 0.81790212125

00:13:11.967 --> 00:13:14.960 the rules are different how we greet people,

NOTE Confidence: 0.81790212125  
00:13:14.960 --> 00:13:15.424 right?  
NOTE Confidence: 0.81790212125  
00:13:15.424 --> 00:13:18.384 When I go to China, you know,  
NOTE Confidence: 0.81790212125  
00:13:18.384 --> 00:13:20.320 or Korea, people bow to me.  
NOTE Confidence: 0.81790212125  
00:13:20.320 --> 00:13:23.080 Mark Sun, right, nice to meet you.  
NOTE Confidence: 0.81790212125  
00:13:23.080 --> 00:13:24.640 People don't do that in Italy,  
NOTE Confidence: 0.928894428333333  
00:13:24.640 --> 00:13:26.204 right, right. In Italy,  
NOTE Confidence: 0.928894428333333  
00:13:26.204 --> 00:13:28.975 there's a line to give lots of  
NOTE Confidence: 0.928894428333333  
00:13:28.975 --> 00:13:31.520 kisses and that's the norm there.  
NOTE Confidence: 0.928894428333333  
00:13:31.520 --> 00:13:32.356 There's a norm here.  
NOTE Confidence: 0.928894428333333  
00:13:32.356 --> 00:13:33.880 There's a norm in New York City.  
NOTE Confidence: 0.928894428333333  
00:13:33.880 --> 00:13:36.478 There's a there's different norms everywhere.  
NOTE Confidence: 0.928894428333333  
00:13:36.480 --> 00:13:39.000 And I think, importantly,  
NOTE Confidence: 0.928894428333333  
00:13:39.000 --> 00:13:43.895 often times we think about there being a  
NOTE Confidence: 0.928894428333333  
00:13:43.895 --> 00:13:46.946 criteria or criterion of correctness, right?  
NOTE Confidence: 0.928894428333333  
00:13:46.946 --> 00:13:51.120 So I grew up in northern New Jersey and in  
NOTE Confidence: 0.928894428333333

00:13:51.120 --> 00:13:54.160 a very kind of white Irish Catholic area.

NOTE Confidence: 0.928894428333333

00:13:54.160 --> 00:13:54.750 I'm Jewish.

NOTE Confidence: 0.928894428333333

00:13:54.750 --> 00:13:57.110 And so like my family values and the

NOTE Confidence: 0.928894428333333

00:13:57.171 --> 00:13:59.236 things that we talked about at home

NOTE Confidence: 0.928894428333333

00:13:59.236 --> 00:14:01.266 were not the things I experienced

NOTE Confidence: 0.928894428333333

00:14:01.266 --> 00:14:03.432 in school or in my surroundings.

NOTE Confidence: 0.928894428333333

00:14:03.440 --> 00:14:06.457 I also was only exposed mostly in

NOTE Confidence: 0.928894428333333

00:14:06.457 --> 00:14:08.576 my childhood to people who are

NOTE Confidence: 0.928894428333333

00:14:08.576 --> 00:14:09.518 white Irish Catholics.

NOTE Confidence: 0.928894428333333

00:14:09.520 --> 00:14:12.712 And so my development of my social

NOTE Confidence: 0.928894428333333

00:14:12.712 --> 00:14:15.040 and emotional skills, right,

NOTE Confidence: 0.928894428333333

00:14:15.040 --> 00:14:16.876 is for lack of a better way,

NOTE Confidence: 0.928894428333333

00:14:16.880 --> 00:14:19.244 it's kind of baked in that

NOTE Confidence: 0.928894428333333

00:14:19.244 --> 00:14:20.192 environment and without,

NOTE Confidence: 0.928894428333333

00:14:20.192 --> 00:14:20.744 you know,

NOTE Confidence: 0.928894428333333

00:14:20.744 --> 00:14:22.633 then I went to Korea as AI

NOTE Confidence: 0.928894428333333

00:14:22.633 --> 00:14:23.332 teach martial arts.

NOTE Confidence: 0.928894428333333

00:14:23.332 --> 00:14:25.894 And so I went over to South Korea and my when

NOTE Confidence: 0.928894428333333

00:14:25.894 --> 00:14:28.280 I was 17 years old and I was sort of like,

NOTE Confidence: 0.928894428333333

00:14:28.280 --> 00:14:31.080 I don't know, you know,

NOTE Confidence: 0.928894428333333

00:14:31.080 --> 00:14:32.880 how to behavior like the world.

NOTE Confidence: 0.928894428333333

00:14:32.880 --> 00:14:33.920 It just was so different.

NOTE Confidence: 0.928894428333333

00:14:33.920 --> 00:14:34.880 The way people operated,

NOTE Confidence: 0.928894428333333

00:14:34.880 --> 00:14:36.080 the way they touched people,

NOTE Confidence: 0.928894428333333

00:14:36.080 --> 00:14:39.160 the way they spoke, the eye contact.

NOTE Confidence: 0.928894428333333

00:14:39.160 --> 00:14:41.827 And so my point here is that

NOTE Confidence: 0.928894428333333

00:14:41.827 --> 00:14:44.688 given that New Haven, you know,

NOTE Confidence: 0.928894428333333

00:14:44.688 --> 00:14:46.320 is quite multicultural,

NOTE Confidence: 0.928894428333333

00:14:46.320 --> 00:14:47.013 right, we may,

NOTE Confidence: 0.928894428333333

00:14:47.013 --> 00:14:48.920 we wouldn't we want to be mindful that,

NOTE Confidence: 0.928894428333333

00:14:48.920 --> 00:14:49.404 you know,

NOTE Confidence: 0.928894428333333

00:14:49.404 --> 00:14:50.856 how we express emotions is not  
NOTE Confidence: 0.928894428333333

00:14:50.856 --> 00:14:52.050 necessarily the way everybody  
NOTE Confidence: 0.928894428333333

00:14:52.050 --> 00:14:53.037 else expresses emotions.  
NOTE Confidence: 0.928894428333333

00:14:53.040 --> 00:14:55.798 We might be misreading people based on  
NOTE Confidence: 0.928894428333333

00:14:55.800 --> 00:14:57.480 norms that are part of their culture  
NOTE Confidence: 0.928894428333333

00:14:57.480 --> 00:14:59.358 that we don't actually identify with.  
NOTE Confidence: 0.928894428333333

00:14:59.360 --> 00:15:02.840 And then the final skill,  
NOTE Confidence: 0.928894428333333

00:15:02.840 --> 00:15:05.160 which is the one that I think everybody  
NOTE Confidence: 0.928894428333333

00:15:05.160 --> 00:15:07.500 writes to our center about getting  
NOTE Confidence: 0.928894428333333

00:15:07.500 --> 00:15:09.384 support for is the regulation.  
NOTE Confidence: 0.928894428333333

00:15:09.384 --> 00:15:11.960 So what do we do with these  
NOTE Confidence: 0.928894428333333

00:15:12.040 --> 00:15:14.836 feelings in terms of managing them,  
NOTE Confidence: 0.928894428333333

00:15:14.840 --> 00:15:17.640 in terms of regulating them?  
NOTE Confidence: 0.928894428333333

00:15:17.640 --> 00:15:18.720 And I'll just stop.  
NOTE Confidence: 0.928894428333333

00:15:18.720 --> 00:15:20.800 I know I have about another minute,  
NOTE Confidence: 0.928894428333333

00:15:20.800 --> 00:15:21.480 which is

NOTE Confidence: 0.824499892727273

00:15:23.960 --> 00:15:25.832 I've thought a lot about this

NOTE Confidence: 0.824499892727273

00:15:25.832 --> 00:15:27.480 obviously in in my work.

NOTE Confidence: 0.824499892727273

00:15:27.480 --> 00:15:30.511 And I think the first strategy is that

NOTE Confidence: 0.824499892727273

00:15:30.511 --> 00:15:33.841 we have to give ourselves what I call

NOTE Confidence: 0.824499892727273

00:15:33.841 --> 00:15:36.629 permission to feel that we automatically,

NOTE Confidence: 0.824499892727273

00:15:36.629 --> 00:15:40.720 many of us stand in judgement like this is a,

NOTE Confidence: 0.824499892727273

00:15:40.720 --> 00:15:41.920 Oh my God, anxiety is bad.

NOTE Confidence: 0.824499892727273

00:15:41.920 --> 00:15:43.880 I, you know, I shouldn't have anxiety.

NOTE Confidence: 0.824499892727273

00:15:43.880 --> 00:15:45.238 I should get rid of my anxiety.

NOTE Confidence: 0.824499892727273

00:15:45.240 --> 00:15:47.696 I should try to find that area of

NOTE Confidence: 0.824499892727273

00:15:47.696 --> 00:15:49.678 my amygdala and get a lobotomy,

NOTE Confidence: 0.824499892727273

00:15:49.680 --> 00:15:50.628 a lobotomy, you know,

NOTE Confidence: 0.824499892727273

00:15:50.628 --> 00:15:52.354 pull this cortex out so I don't

NOTE Confidence: 0.824499892727273

00:15:52.354 --> 00:15:54.118 have to feel of these feelings or,

NOTE Confidence: 0.824499892727273

00:15:54.120 --> 00:15:54.880 or deal with them.

NOTE Confidence: 0.974346528

00:15:57.200 --> 00:15:58.880 That's pretty hard to do.  
NOTE Confidence: 0.974346528

00:15:58.880 --> 00:16:02.993 And so I think part of our development is  
NOTE Confidence: 0.974346528

00:16:03.000 --> 00:16:06.438 a understanding that these are feelings,  
NOTE Confidence: 0.974346528

00:16:06.440 --> 00:16:09.200 nothing more than feelings,  
NOTE Confidence: 0.974346528

00:16:09.200 --> 00:16:10.980 and they are ephemeral.  
NOTE Confidence: 0.974346528

00:16:10.980 --> 00:16:12.760 They come and go.  
NOTE Confidence: 0.974346528

00:16:12.760 --> 00:16:15.238 Sometimes they're stronger than other times,  
NOTE Confidence: 0.974346528

00:16:15.240 --> 00:16:17.340 but the experience of emotion  
NOTE Confidence: 0.974346528

00:16:17.340 --> 00:16:19.440 is what makes us human.  
NOTE Confidence: 0.974346528

00:16:19.440 --> 00:16:21.848 And then if we can just accept that and  
NOTE Confidence: 0.974346528

00:16:21.848 --> 00:16:24.152 be with our feelings as opposed to trying  
NOTE Confidence: 0.974346528

00:16:24.152 --> 00:16:26.600 to get rid of our unpleasant feelings,  
NOTE Confidence: 0.974346528

00:16:26.600 --> 00:16:29.040 that alone might be helpful.  
NOTE Confidence: 0.974346528

00:16:29.040 --> 00:16:30.810 And then of course there are  
NOTE Confidence: 0.974346528

00:16:30.810 --> 00:16:32.382 many other strategies like being  
NOTE Confidence: 0.974346528

00:16:32.382 --> 00:16:34.037 clear about how you're feeling,

NOTE Confidence: 0.974346528  
00:16:34.040 --> 00:16:34.832 labeling feelings.  
NOTE Confidence: 0.974346528  
00:16:34.832 --> 00:16:37.604 That in and of itself is a  
NOTE Confidence: 0.974346528  
00:16:37.604 --> 00:16:38.959 strategy to regulate.  
NOTE Confidence: 0.974346528  
00:16:38.960 --> 00:16:40.885 James will talk about mindfulness  
NOTE Confidence: 0.974346528  
00:16:40.885 --> 00:16:43.281 and other forms of meditation and  
NOTE Confidence: 0.974346528  
00:16:43.281 --> 00:16:45.316 and factors that support well-being.  
NOTE Confidence: 0.974346528  
00:16:45.320 --> 00:16:47.000 So there's cognitive strategies  
NOTE Confidence: 0.974346528  
00:16:47.000 --> 00:16:48.680 to shift our thinking.  
NOTE Confidence: 0.974346528  
00:16:48.680 --> 00:16:51.608 Social support is a big strategy  
NOTE Confidence: 0.974346528  
00:16:51.608 --> 00:16:53.560 for dealing with feelings,  
NOTE Confidence: 0.974346528  
00:16:53.560 --> 00:16:55.920 doing things you enjoy,  
NOTE Confidence: 0.974346528  
00:16:55.920 --> 00:16:57.120 like taking a nice walk.  
NOTE Confidence: 0.974346528  
00:16:57.120 --> 00:16:58.677 I was, I wrote a letter to our team,  
NOTE Confidence: 0.974346528  
00:16:58.680 --> 00:16:59.270 this one.  
NOTE Confidence: 0.974346528  
00:16:59.270 --> 00:17:01.040 And like it is gorgeous outside.  
NOTE Confidence: 0.974346528

00:17:01.040 --> 00:17:02.540 Give yourself the permission to  
NOTE Confidence: 0.974346528

00:17:02.540 --> 00:17:04.560 take a 5 minute walk outside,  
NOTE Confidence: 0.974346528

00:17:04.560 --> 00:17:07.400 just look at the sun, 5 minutes,  
NOTE Confidence: 0.974346528

00:17:07.400 --> 00:17:10.350 make a phone call and and I'll stop there  
NOTE Confidence: 0.974346528

00:17:10.350 --> 00:17:12.159 and then we'll come back for questions.  
NOTE Confidence: 0.974346528

00:17:12.160 --> 00:17:13.805 So I'm going to turn it over  
NOTE Confidence: 0.974346528

00:17:13.805 --> 00:17:14.556 to James Fullman,  
NOTE Confidence: 0.974346528

00:17:14.556 --> 00:17:16.620 who has been doing a lot of work  
NOTE Confidence: 0.974346528

00:17:16.684 --> 00:17:19.352 in our center on building will be  
NOTE Confidence: 0.974346528

00:17:19.352 --> 00:17:22.280 interventions and measurement of that stuff.  
NOTE Confidence: 0.974346528

00:17:22.280 --> 00:17:23.592 So over to you,  
NOTE Confidence: 0.974346528

00:17:23.592 --> 00:17:23.920 James.  
NOTE Confidence: 0.7817916633333333

00:17:25.400 --> 00:17:27.852 Thanks, Mark. Hi everyone.  
NOTE Confidence: 0.7817916633333333

00:17:27.852 --> 00:17:29.840 Good morning, good afternoon.  
NOTE Confidence: 0.9281360044

00:17:32.360 --> 00:17:34.240 So today I think I'm going to zoom  
NOTE Confidence: 0.9281360044

00:17:34.240 --> 00:17:36.070 out a little bit and start with

NOTE Confidence: 0.9281360044

00:17:36.070 --> 00:17:38.391 what do we mean by well-being and

NOTE Confidence: 0.9281360044

00:17:38.391 --> 00:17:40.304 cover different dimensions of

NOTE Confidence: 0.9281360044

00:17:40.304 --> 00:17:42.160 well-being because it's multifaceted.

NOTE Confidence: 0.9281360044

00:17:42.160 --> 00:17:44.248 And then we will talk about

NOTE Confidence: 0.9281360044

00:17:44.248 --> 00:17:45.640 ways of supporting well-being.

NOTE Confidence: 0.9281360044

00:17:45.640 --> 00:17:47.416 And I can talk about mindfulness

NOTE Confidence: 0.9281360044

00:17:47.416 --> 00:17:48.600 specifically to some extent.

NOTE Confidence: 0.9281360044

00:17:48.600 --> 00:17:50.756 I'm happy to answer questions about that.

NOTE Confidence: 0.9281360044

00:17:50.760 --> 00:17:52.951 And then I also wanted to provide

NOTE Confidence: 0.9281360044

00:17:52.951 --> 00:17:54.903 some practical tips on how to

NOTE Confidence: 0.9281360044

00:17:54.903 --> 00:17:56.793 actually build healthy habits of mine,

NOTE Confidence: 0.9281360044

00:17:56.800 --> 00:17:58.963 because sometimes we hear an idea or

NOTE Confidence: 0.9281360044

00:17:58.963 --> 00:18:01.271 a strategy and it seems helpful and

NOTE Confidence: 0.9281360044

00:18:01.271 --> 00:18:02.678 useful and it's kind of on a list.

NOTE Confidence: 0.9281360044

00:18:02.680 --> 00:18:04.328 Or maybe we do it once and then

NOTE Confidence: 0.9281360044

00:18:04.328 --> 00:18:06.035 it kind of vanishes and doesn't  
NOTE Confidence: 0.9281360044

00:18:06.035 --> 00:18:07.275 become a durable habit.  
NOTE Confidence: 0.9281360044

00:18:07.280 --> 00:18:09.040 And I think that's kind of where the  
NOTE Confidence: 0.9281360044

00:18:09.040 --> 00:18:10.479 science itself is a little bit stuck.  
NOTE Confidence: 0.9281360044

00:18:10.480 --> 00:18:12.680 There are some insights on what to do,  
NOTE Confidence: 0.9281360044

00:18:12.680 --> 00:18:13.780 but I don't think they've  
NOTE Confidence: 0.9281360044

00:18:13.780 --> 00:18:14.880 been translated too well yet.  
NOTE Confidence: 0.9281360044

00:18:14.880 --> 00:18:18.078 So I'm hoping to cover those  
NOTE Confidence: 0.9281360044

00:18:18.078 --> 00:18:19.677 different components today.  
NOTE Confidence: 0.9281360044

00:18:19.680 --> 00:18:22.760 So what do we mean by well-being?  
NOTE Confidence: 0.9281360044

00:18:22.760 --> 00:18:23.820 There are many models,  
NOTE Confidence: 0.9281360044

00:18:23.820 --> 00:18:24.880 as you can imagine,  
NOTE Confidence: 0.9281360044

00:18:24.880 --> 00:18:27.057 of how to understand what well-being is  
NOTE Confidence: 0.9281360044

00:18:27.057 --> 00:18:29.360 going back even thousands of years ago.  
NOTE Confidence: 0.9281360044

00:18:29.360 --> 00:18:32.516 Looking at more recent modern psychology,  
NOTE Confidence: 0.9281360044

00:18:32.520 --> 00:18:35.502 we typically break it down into 3

NOTE Confidence: 0.9281360044

00:18:35.502 --> 00:18:37.740 core dimensions and one is called

NOTE Confidence: 0.9281360044

00:18:37.740 --> 00:18:39.120 emotional or hedonic well-being.

NOTE Confidence: 0.9281360044

00:18:39.120 --> 00:18:40.745 And that's mostly what Mark

NOTE Confidence: 0.9281360044

00:18:40.745 --> 00:18:41.720 was talking about,

NOTE Confidence: 0.9281360044

00:18:41.720 --> 00:18:43.449 which is how do we find a

NOTE Confidence: 0.9281360044

00:18:43.449 --> 00:18:44.760 balance within our emotions.

NOTE Confidence: 0.9281360044

00:18:44.760 --> 00:18:46.728 So the goal isn't to get

NOTE Confidence: 0.9281360044

00:18:46.728 --> 00:18:48.040 rid of negative emotions.

NOTE Confidence: 0.9281360044

00:18:48.040 --> 00:18:50.400 They are useful, they exist for a reason,

NOTE Confidence: 0.9281360044

00:18:50.400 --> 00:18:51.150 they're important.

NOTE Confidence: 0.9281360044

00:18:51.150 --> 00:18:53.400 But when you have really intense

NOTE Confidence: 0.9281360044

00:18:53.400 --> 00:18:55.003 negative emotions and you're

NOTE Confidence: 0.9281360044

00:18:55.003 --> 00:18:56.595 experiencing them very frequently

NOTE Confidence: 0.9281360044

00:18:56.600 --> 00:18:57.908 and they interfere with your quality

NOTE Confidence: 0.9281360044

00:18:57.908 --> 00:18:59.532 of life and your ability to function

NOTE Confidence: 0.9281360044

00:18:59.532 --> 00:19:00.954 in different areas of your life,  
NOTE Confidence: 0.9281360044

00:19:00.960 --> 00:19:03.312 then you might have a bit of an  
NOTE Confidence: 0.9281360044

00:19:03.312 --> 00:19:04.954 imbalance there with your emotions  
NOTE Confidence: 0.9281360044

00:19:04.954 --> 00:19:06.274 on the other side.  
NOTE Confidence: 0.9281360044

00:19:06.280 --> 00:19:07.540 It's important to cultivate  
NOTE Confidence: 0.9281360044

00:19:07.540 --> 00:19:09.115 a range of positive emotions,  
NOTE Confidence: 0.9281360044

00:19:09.120 --> 00:19:10.340 some of which were mentioned  
NOTE Confidence: 0.9281360044

00:19:10.340 --> 00:19:11.316 in the chat earlier.  
NOTE Confidence: 0.9281360044

00:19:11.320 --> 00:19:12.427 Hope, excitement, curiosity.  
NOTE Confidence: 0.9281360044

00:19:12.427 --> 00:19:14.272 It's a lot of interesting  
NOTE Confidence: 0.9281360044

00:19:14.272 --> 00:19:16.239 research on the positive effects,  
NOTE Confidence: 0.9281360044

00:19:16.240 --> 00:19:19.156 physical and mental, of positive emotions.  
NOTE Confidence: 0.9281360044

00:19:19.160 --> 00:19:20.875 And then actually just experiencing  
NOTE Confidence: 0.9281360044

00:19:20.875 --> 00:19:22.590 more positive affect helps us  
NOTE Confidence: 0.9281360044

00:19:22.645 --> 00:19:24.440 build connections with each other,  
NOTE Confidence: 0.9281360044

00:19:24.440 --> 00:19:26.560 have insights, be more creative,

NOTE Confidence: 0.9281360044

00:19:26.560 --> 00:19:28.240 and it can generate things that

NOTE Confidence: 0.9281360044

00:19:28.240 --> 00:19:29.080 are more durable,

NOTE Confidence: 0.9281360044

00:19:29.080 --> 00:19:31.205 even just a temporary increase

NOTE Confidence: 0.9281360044

00:19:31.205 --> 00:19:32.480 in positive emotions.

NOTE Confidence: 0.9281360044

00:19:32.480 --> 00:19:34.356 And so that's the general idea there

NOTE Confidence: 0.9281360044

00:19:34.356 --> 00:19:35.760 for emotional well-being, though.

NOTE Confidence: 0.9281360044

00:19:35.760 --> 00:19:38.160 Happy to unpack that.

NOTE Confidence: 0.9281360044

00:19:38.160 --> 00:19:41.210 The second domain is sometimes

NOTE Confidence: 0.9281360044

00:19:41.210 --> 00:19:43.040 called eudemonic well-being,

NOTE Confidence: 0.9281360044

00:19:43.040 --> 00:19:45.210 which is really about having a sense

NOTE Confidence: 0.9281360044

00:19:45.210 --> 00:19:47.479 of meaning and purpose in your life.

NOTE Confidence: 0.9281360044

00:19:47.480 --> 00:19:49.748 And it's important to distinguish that

NOTE Confidence: 0.9281360044

00:19:49.748 --> 00:19:51.260 from emotional well-being because

NOTE Confidence: 0.9281360044

00:19:51.319 --> 00:19:53.159 you can have one and not the other,

NOTE Confidence: 0.9281360044

00:19:53.160 --> 00:19:56.720 or you can have both or neither.

NOTE Confidence: 0.9281360044

00:19:56.720 --> 00:19:57.228 For example,  
NOTE Confidence: 0.9281360044

00:19:57.228 --> 00:19:59.260 we work with educators a lot and they  
NOTE Confidence: 0.9281360044

00:19:59.312 --> 00:20:01.598 tend to be quite high on meeting and purpose.  
NOTE Confidence: 0.9281360044

00:20:01.600 --> 00:20:03.280 They believe in the work that they're doing.  
NOTE Confidence: 0.9281360044

00:20:03.280 --> 00:20:05.310 They want to foster healthy  
NOTE Confidence: 0.9281360044

00:20:05.310 --> 00:20:06.528 developmental trajectories and  
NOTE Confidence: 0.9281360044

00:20:06.528 --> 00:20:08.678 the kids they're working with,  
NOTE Confidence: 0.9281360044

00:20:08.680 --> 00:20:10.366 but they may be really stressed  
NOTE Confidence: 0.9281360044

00:20:10.366 --> 00:20:12.293 out and not sleeping and finding  
NOTE Confidence: 0.9281360044

00:20:12.293 --> 00:20:14.158 no time to practice well-being  
NOTE Confidence: 0.9281360044

00:20:14.158 --> 00:20:15.277 strategies for themselves.  
NOTE Confidence: 0.9281360044

00:20:15.280 --> 00:20:16.480 And so they may have high  
NOTE Confidence: 0.9281360044

00:20:16.480 --> 00:20:17.280 sense of meaning and  
NOTE Confidence: 0.929752152727273

00:20:17.331 --> 00:20:18.720 purpose, but lower emotional well-being.  
NOTE Confidence: 0.929752152727273

00:20:18.720 --> 00:20:20.919 And we see that a lot in our work.  
NOTE Confidence: 0.929752152727273

00:20:20.920 --> 00:20:21.580 But of course,

NOTE Confidence: 0.929752152727273

00:20:21.580 --> 00:20:23.120 it could go the other way around.

NOTE Confidence: 0.929752152727273

00:20:23.120 --> 00:20:25.752 Where you're maybe working a job where it's

NOTE Confidence: 0.929752152727273

00:20:25.752 --> 00:20:28.400 more laid back and you feel more relaxed,

NOTE Confidence: 0.929752152727273

00:20:28.400 --> 00:20:29.952 but you may not have that sense of

NOTE Confidence: 0.929752152727273

00:20:29.952 --> 00:20:31.611 mission or that you're connected to

NOTE Confidence: 0.929752152727273

00:20:31.611 --> 00:20:32.839 something greater than yourself.

NOTE Confidence: 0.929752152727273

00:20:32.840 --> 00:20:36.708 And both tend to be important to

NOTE Confidence: 0.929752152727273

00:20:36.708 --> 00:20:40.476 live a a fully satisfying life.

NOTE Confidence: 0.929752152727273

00:20:40.480 --> 00:20:43.441 And the last piece is social well-being

NOTE Confidence: 0.929752152727273

00:20:43.441 --> 00:20:45.999 because we're hyper social creatures,

NOTE Confidence: 0.929752152727273

00:20:46.000 --> 00:20:48.520 feeling safe with other people,

NOTE Confidence: 0.929752152727273

00:20:48.520 --> 00:20:50.536 which is really important,

NOTE Confidence: 0.929752152727273

00:20:50.536 --> 00:20:53.760 supported, trusted, connected.

NOTE Confidence: 0.929752152727273

00:20:53.760 --> 00:20:55.520 That alone is essential to

NOTE Confidence: 0.929752152727273

00:20:55.520 --> 00:20:57.280 every other form of well-being.

NOTE Confidence: 0.929752152727273

00:20:57.280 --> 00:20:58.925 And it's hard to have the other  
NOTE Confidence: 0.929752152727273

00:20:58.925 --> 00:21:00.286 forms of well-being if social  
NOTE Confidence: 0.929752152727273

00:21:00.286 --> 00:21:01.198 well-being isn't there.  
NOTE Confidence: 0.893593981428571

00:21:03.360 --> 00:21:05.432 And so this is something that we  
NOTE Confidence: 0.893593981428571

00:21:05.432 --> 00:21:07.077 actually targeted in a study that  
NOTE Confidence: 0.893593981428571

00:21:07.077 --> 00:21:09.000 we did at Yale a couple years ago,  
NOTE Confidence: 0.893593981428571

00:21:09.000 --> 00:21:11.182 which was to look at contemplative  
NOTE Confidence: 0.893593981428571

00:21:11.182 --> 00:21:13.292 based practices where you cultivate  
NOTE Confidence: 0.893593981428571

00:21:13.292 --> 00:21:15.955 compassion and kindness in a sense of  
NOTE Confidence: 0.893593981428571

00:21:15.955 --> 00:21:17.785 connectedness to each other to help  
NOTE Confidence: 0.893593981428571

00:21:17.785 --> 00:21:19.100 actually increase social well-being  
NOTE Confidence: 0.893593981428571

00:21:19.100 --> 00:21:21.525 directly to see if it then had an  
NOTE Confidence: 0.893593981428571

00:21:21.525 --> 00:21:22.960 effect on the other forms of well-being.  
NOTE Confidence: 0.893593981428571

00:21:22.960 --> 00:21:25.090 And there is some good evidence  
NOTE Confidence: 0.893593981428571

00:21:25.090 --> 00:21:26.960 that that is the case.  
NOTE Confidence: 0.893593981428571

00:21:26.960 --> 00:21:29.320 So those are the three areas of well-being,

NOTE Confidence: 0.893593981428571  
00:21:29.320 --> 00:21:30.530 emotional well-being,  
NOTE Confidence: 0.893593981428571  
00:21:30.530 --> 00:21:34.160 meaning and purpose and social connection.  
NOTE Confidence: 0.893593981428571  
00:21:34.160 --> 00:21:36.470 One thing I'll also note in  
NOTE Confidence: 0.893593981428571  
00:21:36.470 --> 00:21:38.455 terms of what well-being is,  
NOTE Confidence: 0.893593981428571  
00:21:38.455 --> 00:21:40.075 is the context specificity.  
NOTE Confidence: 0.893593981428571  
00:21:40.080 --> 00:21:41.172 Mark alluded to this.  
NOTE Confidence: 0.893593981428571  
00:21:41.172 --> 00:21:43.480 So there of course are cultural differences,  
NOTE Confidence: 0.893593981428571  
00:21:43.480 --> 00:21:45.958 but even within one's own life,  
NOTE Confidence: 0.893593981428571  
00:21:45.960 --> 00:21:47.530 you may have strong social  
NOTE Confidence: 0.893593981428571  
00:21:47.530 --> 00:21:49.639 well-being at home but not at work.  
NOTE Confidence: 0.893593981428571  
00:21:49.640 --> 00:21:51.920 You may have meeting in purpose at work,  
NOTE Confidence: 0.893593981428571  
00:21:51.920 --> 00:21:53.136 but not at home.  
NOTE Confidence: 0.893593981428571  
00:21:53.136 --> 00:21:54.960 And same goes for emotional well-being.  
NOTE Confidence: 0.893593981428571  
00:21:54.960 --> 00:21:56.650 So those different dimensions of  
NOTE Confidence: 0.893593981428571  
00:21:56.650 --> 00:21:58.679 well-being can vary depending on what  
NOTE Confidence: 0.893593981428571

00:21:58.679 --> 00:22:00.639 part of your life we're talking about.  
NOTE Confidence: 0.893593981428571

00:22:00.640 --> 00:22:03.776 So as we get to what you might  
NOTE Confidence: 0.893593981428571

00:22:03.776 --> 00:22:05.144 do to cultivate well-being,  
NOTE Confidence: 0.893593981428571

00:22:05.144 --> 00:22:06.604 it's important to think about  
NOTE Confidence: 0.893593981428571

00:22:06.604 --> 00:22:08.119 that those layers of complexity.  
NOTE Confidence: 0.893593981428571

00:22:08.120 --> 00:22:11.306 Where in my life might I want to develop  
NOTE Confidence: 0.893593981428571

00:22:11.306 --> 00:22:14.877 one form of this well-being that I covered?  
NOTE Confidence: 0.893593981428571

00:22:14.880 --> 00:22:15.676 And it helps to,  
NOTE Confidence: 0.893593981428571

00:22:15.676 --> 00:22:17.477 to be a little bit more focused on  
NOTE Confidence: 0.893593981428571

00:22:17.477 --> 00:22:19.145 what you want to develop rather  
NOTE Confidence: 0.893593981428571

00:22:19.145 --> 00:22:20.879 than thinking that you want to just  
NOTE Confidence: 0.893593981428571

00:22:20.879 --> 00:22:23.770 develop all of them all of the time  
NOTE Confidence: 0.893593981428571

00:22:23.770 --> 00:22:26.720 'cause that's not as effective.  
NOTE Confidence: 0.893593981428571

00:22:26.720 --> 00:22:29.520 So that's, that's the framing of well-being.  
NOTE Confidence: 0.893593981428571

00:22:29.520 --> 00:22:32.120 And in terms of how to cultivate well-being,  
NOTE Confidence: 0.893593981428571

00:22:32.120 --> 00:22:35.095 this of course has been studied pretty

NOTE Confidence: 0.893593981428571  
00:22:35.095 --> 00:22:36.920 extensively in psychology over the years.  
NOTE Confidence: 0.893593981428571  
00:22:36.920 --> 00:22:38.808 So I will know.  
NOTE Confidence: 0.893593981428571  
00:22:38.808 --> 00:22:39.280 Historically,  
NOTE Confidence: 0.893593981428571  
00:22:39.280 --> 00:22:41.655 we've mostly focused on pathology  
NOTE Confidence: 0.893593981428571  
00:22:41.655 --> 00:22:43.642 and psychological illness and it's  
NOTE Confidence: 0.893593981428571  
00:22:43.642 --> 00:22:45.328 only more recently that we focus  
NOTE Confidence: 0.893593981428571  
00:22:45.328 --> 00:22:47.439 more on well-being and cultivating  
NOTE Confidence: 0.893593981428571  
00:22:47.440 --> 00:22:49.500 flourishing and life satisfaction  
NOTE Confidence: 0.893593981428571  
00:22:49.500 --> 00:22:52.075 and positive emotions and connection.  
NOTE Confidence: 0.893593981428571  
00:22:52.080 --> 00:22:55.839 And so I'm gonna focus more on  
NOTE Confidence: 0.893593981428571  
00:22:55.839 --> 00:22:56.913 that component,  
NOTE Confidence: 0.893593981428571  
00:22:56.920 --> 00:22:59.960 acknowledging the historical context there.  
NOTE Confidence: 0.893593981428571  
00:22:59.960 --> 00:23:02.760 One other thing I wanna say actually,  
NOTE Confidence: 0.893593981428571  
00:23:02.760 --> 00:23:04.820 which we were talking about  
NOTE Confidence: 0.893593981428571  
00:23:04.820 --> 00:23:07.600 earlier is there is this culture,  
NOTE Confidence: 0.893593981428571

00:23:07.600 --> 00:23:10.212 at least in the US, of a quick fix.  
NOTE Confidence: 0.893593981428571

00:23:10.212 --> 00:23:11.960 You know, you take a pill,  
NOTE Confidence: 0.893593981428571

00:23:11.960 --> 00:23:13.184 you flip a switch, you,  
NOTE Confidence: 0.893593981428571

00:23:13.184 --> 00:23:13.856 you hit a,  
NOTE Confidence: 0.893593981428571

00:23:13.856 --> 00:23:15.537 a button on your phone and things  
NOTE Confidence: 0.893593981428571

00:23:15.537 --> 00:23:16.957 are supposed to be there.  
NOTE Confidence: 0.893593981428571

00:23:16.960 --> 00:23:18.312 And as technology develops,  
NOTE Confidence: 0.893593981428571

00:23:18.312 --> 00:23:21.111 we just things get a lot of things  
NOTE Confidence: 0.893593981428571

00:23:21.111 --> 00:23:22.866 have gotten easier and there  
NOTE Confidence: 0.893593981428571

00:23:22.866 --> 00:23:24.639 are benefits of that ease.  
NOTE Confidence: 0.893593981428571

00:23:24.640 --> 00:23:27.334 But without having patience for engaging  
NOTE Confidence: 0.893593981428571

00:23:27.334 --> 00:23:30.000 in something deep and meaningful,  
NOTE Confidence: 0.893593981428571

00:23:30.000 --> 00:23:31.480 it's hard to build skills.  
NOTE Confidence: 0.893593981428571

00:23:31.480 --> 00:23:33.280 So you can think of this as stress.  
NOTE Confidence: 0.893593981428571

00:23:33.280 --> 00:23:34.920 There's an immediate stress relief,  
NOTE Confidence: 0.893593981428571

00:23:34.920 --> 00:23:36.300 which, which is important.

NOTE Confidence: 0.893593981428571  
00:23:36.300 --> 00:23:38.466 Sometimes you need to eat the cookie.  
NOTE Confidence: 0.893593981428571  
00:23:38.466 --> 00:23:39.514 Take a deep breath.  
NOTE Confidence: 0.893593981428571  
00:23:39.520 --> 00:23:41.140 Whatever short term strategies  
NOTE Confidence: 0.893593981428571  
00:23:41.140 --> 00:23:42.760 may work for you,  
NOTE Confidence: 0.893593981428571  
00:23:42.760 --> 00:23:44.755 but developing actual skills that  
NOTE Confidence: 0.893593981428571  
00:23:44.755 --> 00:23:47.163 will carry you through a range  
NOTE Confidence: 0.893593981428571  
00:23:47.163 --> 00:23:49.185 of situations is really what we  
NOTE Confidence: 0.893593981428571  
00:23:49.185 --> 00:23:51.426 focus on at our center and are,  
NOTE Confidence: 0.893593981428571  
00:23:51.426 --> 00:23:52.358 are hoping to do.  
NOTE Confidence: 0.893593981428571  
00:23:52.360 --> 00:23:54.388 So for folks who don't prioritize  
NOTE Confidence: 0.893593981428571  
00:23:54.388 --> 00:23:56.225 well-being or if there's various  
NOTE Confidence: 0.893593981428571  
00:23:56.225 --> 00:23:58.315 pressures that make that difficult,  
NOTE Confidence: 0.893593981428571  
00:23:58.320 --> 00:23:59.640 starting with basic stress  
NOTE Confidence: 0.893593981428571  
00:23:59.640 --> 00:24:01.620 relief can help as a starting  
NOTE Confidence: 0.953489119090909  
00:24:01.686 --> 00:24:03.857 point. But I, I just want to emphasize  
NOTE Confidence: 0.953489119090909

00:24:03.857 --> 00:24:05.936 that there's a whole other layer there  
NOTE Confidence: 0.953489119090909

00:24:05.936 --> 00:24:07.638 of turning this into a practice,  
NOTE Confidence: 0.953489119090909

00:24:07.640 --> 00:24:09.620 something you're doing actually on a  
NOTE Confidence: 0.953489119090909

00:24:09.620 --> 00:24:11.600 daily basis to cultivate well-being.  
NOTE Confidence: 0.953489119090909

00:24:11.600 --> 00:24:13.154 well-being is sort of like a verb.  
NOTE Confidence: 0.953489119090909

00:24:13.160 --> 00:24:14.236 It's something we do.  
NOTE Confidence: 0.953489119090909

00:24:14.236 --> 00:24:15.850 It's not something that just kind  
NOTE Confidence: 0.953489119090909

00:24:15.907 --> 00:24:17.275 of appears or happens to us.  
NOTE Confidence: 0.953489119090909

00:24:17.280 --> 00:24:18.600 And it, and it isn't easy.  
NOTE Confidence: 0.953489119090909

00:24:18.600 --> 00:24:19.880 It does take time,  
NOTE Confidence: 0.953489119090909

00:24:19.880 --> 00:24:22.759 but it is something that can be developed.  
NOTE Confidence: 0.891745067307693

00:24:25.400 --> 00:24:28.208 And so I can say a few words about  
NOTE Confidence: 0.891745067307693

00:24:28.208 --> 00:24:29.792 mindfulness and then I'm going  
NOTE Confidence: 0.891745067307693

00:24:29.792 --> 00:24:31.973 to get to some tips about how  
NOTE Confidence: 0.891745067307693

00:24:31.973 --> 00:24:34.588 to form a healthy habit. So my,  
NOTE Confidence: 0.891745067307693

00:24:34.588 --> 00:24:37.158 there's many definitions of mindfulness.

NOTE Confidence: 0.891745067307693  
00:24:37.160 --> 00:24:39.768 And what I would say is it's the  
NOTE Confidence: 0.891745067307693  
00:24:39.768 --> 00:24:42.676 basic ideas that you take time to be  
NOTE Confidence: 0.891745067307693  
00:24:42.676 --> 00:24:44.799 fully present with where you are.  
NOTE Confidence: 0.891745067307693  
00:24:44.800 --> 00:24:46.634 And whatever is coming up for you,  
NOTE Confidence: 0.891745067307693  
00:24:46.640 --> 00:24:48.026 positive, negative, neutral,  
NOTE Confidence: 0.891745067307693  
00:24:48.026 --> 00:24:49.874 whatever range of feelings  
NOTE Confidence: 0.891745067307693  
00:24:49.874 --> 00:24:51.760 or thoughts you're having,  
NOTE Confidence: 0.891745067307693  
00:24:51.760 --> 00:24:53.965 is that you sit and try to be present  
NOTE Confidence: 0.891745067307693  
00:24:53.965 --> 00:24:55.743 with them and you try to accept  
NOTE Confidence: 0.891745067307693  
00:24:55.743 --> 00:24:57.718 them in an open and curious way.  
NOTE Confidence: 0.891745067307693  
00:24:57.720 --> 00:24:59.265 The present component is difficult  
NOTE Confidence: 0.891745067307693  
00:24:59.265 --> 00:25:01.945 enough for most of us who are kind of  
NOTE Confidence: 0.891745067307693  
00:25:01.945 --> 00:25:04.119 bouncing around from one thing to the next,  
NOTE Confidence: 0.891745067307693  
00:25:04.120 --> 00:25:06.312 but then being there in a way will  
NOTE Confidence: 0.891745067307693  
00:25:06.312 --> 00:25:08.677 work kind and curious to our own mind,  
NOTE Confidence: 0.891745067307693

00:25:08.680 --> 00:25:11.788 even if things are coming up that  
NOTE Confidence: 0.891745067307693

00:25:11.788 --> 00:25:13.457 are challenging. That's the idea.  
NOTE Confidence: 0.891745067307693

00:25:13.457 --> 00:25:15.650 So the idea of what my influence is  
NOTE Confidence: 0.891745067307693

00:25:15.650 --> 00:25:17.558 actually isn't that complicated to say.  
NOTE Confidence: 0.891745067307693

00:25:17.560 --> 00:25:19.720 But it's very difficult to do  
NOTE Confidence: 0.891745067307693

00:25:19.720 --> 00:25:21.160 as you can imagine,  
NOTE Confidence: 0.891745067307693

00:25:21.160 --> 00:25:22.805 if you just sit for 5 minutes  
NOTE Confidence: 0.891745067307693

00:25:22.805 --> 00:25:24.229 and notice all the different  
NOTE Confidence: 0.891745067307693

00:25:24.229 --> 00:25:26.197 thoughts that come up for yourself.  
NOTE Confidence: 0.891745067307693

00:25:26.200 --> 00:25:28.660 And one technique that I'll I'll  
NOTE Confidence: 0.891745067307693

00:25:28.660 --> 00:25:30.084 mention briefly is labeling.  
NOTE Confidence: 0.891745067307693

00:25:30.084 --> 00:25:31.594 And this actually overlaps with  
NOTE Confidence: 0.891745067307693

00:25:31.594 --> 00:25:33.600 what we do with ruler as well.  
NOTE Confidence: 0.891745067307693

00:25:33.600 --> 00:25:34.572 So say envy,  
NOTE Confidence: 0.891745067307693

00:25:34.572 --> 00:25:36.516 which is an example Mark mentioned,  
NOTE Confidence: 0.891745067307693

00:25:36.520 --> 00:25:38.424 comes up when you're sitting there and

NOTE Confidence: 0.891745067307693  
00:25:38.424 --> 00:25:40.558 you notice that you're envying something,  
NOTE Confidence: 0.891745067307693  
00:25:40.560 --> 00:25:42.160 say that your neighbor has,  
NOTE Confidence: 0.891745067307693  
00:25:42.160 --> 00:25:44.236 you may notice what that is.  
NOTE Confidence: 0.891745067307693  
00:25:44.240 --> 00:25:45.556 Label it as envy.  
NOTE Confidence: 0.891745067307693  
00:25:45.556 --> 00:25:48.240 Be curious about why you feel that way,  
NOTE Confidence: 0.891745067307693  
00:25:48.240 --> 00:25:50.720 and then kind of let it go off on its own.  
NOTE Confidence: 0.891745067307693  
00:25:50.720 --> 00:25:51.805 And similar things can happen  
NOTE Confidence: 0.891745067307693  
00:25:51.805 --> 00:25:52.673 with thoughts as well.  
NOTE Confidence: 0.891745067307693  
00:25:52.680 --> 00:25:54.642 So maybe you notice you're judging  
NOTE Confidence: 0.891745067307693  
00:25:54.642 --> 00:25:56.605 yourself or someone else and you  
NOTE Confidence: 0.891745067307693  
00:25:56.605 --> 00:25:58.381 can label that judgment or self  
NOTE Confidence: 0.891745067307693  
00:25:58.381 --> 00:26:00.100 judgment and recognize that that's a  
NOTE Confidence: 0.891745067307693  
00:26:00.100 --> 00:26:02.039 pattern and just be curious about it.  
NOTE Confidence: 0.891745067307693  
00:26:02.040 --> 00:26:04.760 So you're kind of like an emotion scientist,  
NOTE Confidence: 0.891745067307693  
00:26:04.760 --> 00:26:06.360 right? And a scientist of your own mind.  
NOTE Confidence: 0.891745067307693

00:26:06.360 --> 00:26:07.920 You're curious about what's coming  
NOTE Confidence: 0.891745067307693

00:26:07.920 --> 00:26:09.480 up and you're labeling it.  
NOTE Confidence: 0.891745067307693

00:26:09.480 --> 00:26:10.436 And it seems simple,  
NOTE Confidence: 0.891745067307693

00:26:10.436 --> 00:26:12.799 but it gives you a little bit of what  
NOTE Confidence: 0.891745067307693

00:26:12.799 --> 00:26:14.836 we call psychological distance and it makes,  
NOTE Confidence: 0.891745067307693

00:26:14.840 --> 00:26:16.198 it takes the sting out of it.  
NOTE Confidence: 0.891745067307693

00:26:16.200 --> 00:26:18.330 And we feel a little bit less wrapped  
NOTE Confidence: 0.891745067307693

00:26:18.330 --> 00:26:20.640 up in the specific feeling or thought.  
NOTE Confidence: 0.891745067307693

00:26:20.640 --> 00:26:22.260 We realize those are things that  
NOTE Confidence: 0.891745067307693

00:26:22.260 --> 00:26:23.879 are happening that are coming up,  
NOTE Confidence: 0.891745067307693

00:26:23.880 --> 00:26:26.358 but they're not who we are.  
NOTE Confidence: 0.891745067307693

00:26:26.360 --> 00:26:28.700 They're just a piece of mental  
NOTE Confidence: 0.891745067307693

00:26:28.700 --> 00:26:30.720 activity that you can know,  
NOTE Confidence: 0.891745067307693

00:26:30.720 --> 00:26:33.240 understand the pattern and try to let it go.  
NOTE Confidence: 0.891745067307693

00:26:33.240 --> 00:26:34.892 So we're not just bouncing around from  
NOTE Confidence: 0.891745067307693

00:26:34.892 --> 00:26:36.797 thought to thought, emotion to motion.

NOTE Confidence: 0.891745067307693  
00:26:36.797 --> 00:26:38.792 So there's a little more  
NOTE Confidence: 0.891745067307693  
00:26:38.792 --> 00:26:40.797 intentionality with how we carry  
NOTE Confidence: 0.891745067307693  
00:26:40.797 --> 00:26:42.317 ourselves throughout our day.  
NOTE Confidence: 0.891745067307693  
00:26:42.320 --> 00:26:45.232 And so the last piece is  
NOTE Confidence: 0.891745067307693  
00:26:45.232 --> 00:26:46.288 forming healthy habits.  
NOTE Confidence: 0.891745067307693  
00:26:46.288 --> 00:26:48.048 There are actually a number  
NOTE Confidence: 0.891745067307693  
00:26:48.048 --> 00:26:49.759 of tips and tricks here.  
NOTE Confidence: 0.891745067307693  
00:26:49.760 --> 00:26:54.224 I'm happy to share a sheet here that I've  
NOTE Confidence: 0.891745067307693  
00:26:54.224 --> 00:26:56.880 summarized for folks who are interested.  
NOTE Confidence: 0.891745067307693  
00:26:56.880 --> 00:26:58.128 So one is being intentional and  
NOTE Confidence: 0.891745067307693  
00:26:58.128 --> 00:26:59.599 I kind of said that already.  
NOTE Confidence: 0.891745067307693  
00:26:59.600 --> 00:27:02.358 So trying to build an actual well-being  
NOTE Confidence: 0.891745067307693  
00:27:02.358 --> 00:27:04.479 routine or practice for yourself.  
NOTE Confidence: 0.891745067307693  
00:27:04.480 --> 00:27:05.500 You know, most people,  
NOTE Confidence: 0.891745067307693  
00:27:05.500 --> 00:27:06.520 they brush their teeth,  
NOTE Confidence: 0.9334906683333333

00:27:06.520 --> 00:27:07.585 right? That's not something they  
NOTE Confidence: 0.9334906683333333

00:27:07.585 --> 00:27:08.919 have to kind of remember to do.  
NOTE Confidence: 0.9334906683333333

00:27:08.920 --> 00:27:10.639 We just do it. We weren't born doing it,  
NOTE Confidence: 0.9334906683333333

00:27:10.640 --> 00:27:12.278 but we learned to do it.  
NOTE Confidence: 0.9334906683333333

00:27:12.280 --> 00:27:13.736 And we often take better care of  
NOTE Confidence: 0.9334906683333333

00:27:13.736 --> 00:27:15.157 our teeth than we do of our own,  
NOTE Confidence: 0.9334906683333333

00:27:15.160 --> 00:27:16.255 our minds, right?  
NOTE Confidence: 0.9334906683333333

00:27:16.255 --> 00:27:18.810 And so try to set an intention  
NOTE Confidence: 0.9334906683333333

00:27:18.891 --> 00:27:21.477 that would do something every day,  
NOTE Confidence: 0.9334906683333333

00:27:21.480 --> 00:27:22.840 even if it's very small,  
NOTE Confidence: 0.9334906683333333

00:27:22.840 --> 00:27:25.022 even if it's only a minute of gratitude  
NOTE Confidence: 0.9334906683333333

00:27:25.022 --> 00:27:26.850 or going for a walk, like you said,  
NOTE Confidence: 0.9334906683333333

00:27:26.850 --> 00:27:28.230 Mark I reading a poem, something.  
NOTE Confidence: 0.9334906683333333

00:27:28.230 --> 00:27:31.240 And those little bits over time can  
NOTE Confidence: 0.9334906683333333

00:27:31.240 --> 00:27:33.931 aggregate and start to create a momentum  
NOTE Confidence: 0.9334906683333333

00:27:33.931 --> 00:27:36.479 that leads to a change over time.

NOTE Confidence: 0.933490668333333  
00:27:36.480 --> 00:27:38.314 I'll just mention one or two other  
NOTE Confidence: 0.933490668333333  
00:27:38.314 --> 00:27:40.157 things and then I'll pass it along.  
NOTE Confidence: 0.933490668333333  
00:27:40.160 --> 00:27:41.132 Settings incremental goals.  
NOTE Confidence: 0.933490668333333  
00:27:41.132 --> 00:27:43.400 So you can have those little goals,  
NOTE Confidence: 0.933490668333333  
00:27:43.400 --> 00:27:45.236 but as it picks up momentum,  
NOTE Confidence: 0.933490668333333  
00:27:45.240 --> 00:27:46.515 it's OK to have slightly  
NOTE Confidence: 0.933490668333333  
00:27:46.515 --> 00:27:47.280 more ambitious goals,  
NOTE Confidence: 0.933490668333333  
00:27:47.280 --> 00:27:49.476 but I wouldn't start very ambitious,  
NOTE Confidence: 0.933490668333333  
00:27:49.480 --> 00:27:50.677 which is often what we do when  
NOTE Confidence: 0.933490668333333  
00:27:50.677 --> 00:27:52.078 we want to change our behavior.  
NOTE Confidence: 0.933490668333333  
00:27:52.080 --> 00:27:53.697 We get very motivated and we want  
NOTE Confidence: 0.933490668333333  
00:27:53.697 --> 00:27:55.579 to make big changes and it often  
NOTE Confidence: 0.933490668333333  
00:27:55.579 --> 00:27:56.994 backfires because it takes time  
NOTE Confidence: 0.933490668333333  
00:27:56.994 --> 00:27:58.812 to make these changes and we want  
NOTE Confidence: 0.933490668333333  
00:27:58.812 --> 00:28:00.841 to have some wins along the way.  
NOTE Confidence: 0.933490668333333

00:28:00.841 --> 00:28:02.923 The last thing I'll mention here  
NOTE Confidence: 0.9334906683333333

00:28:02.923 --> 00:28:05.012 is having a well-being buddy  
NOTE Confidence: 0.9334906683333333

00:28:05.012 --> 00:28:06.680 can be really helpful.  
NOTE Confidence: 0.9334906683333333

00:28:06.680 --> 00:28:09.205 So someone that you do  
NOTE Confidence: 0.9334906683333333

00:28:09.205 --> 00:28:10.720 well-being activities with,  
NOTE Confidence: 0.9334906683333333

00:28:10.720 --> 00:28:13.480 whether it's exercise or meditation or  
NOTE Confidence: 0.9334906683333333

00:28:13.480 --> 00:28:15.839 reading poetry together or whatever  
NOTE Confidence: 0.9334906683333333

00:28:15.839 --> 00:28:18.079 strategies that work for you,  
NOTE Confidence: 0.9334906683333333

00:28:18.080 --> 00:28:19.964 having that interaction magnifies  
NOTE Confidence: 0.9334906683333333

00:28:19.964 --> 00:28:22.319 the effects of the activity.  
NOTE Confidence: 0.9334906683333333

00:28:22.320 --> 00:28:24.917 And it also creates a social accountability.  
NOTE Confidence: 0.9334906683333333

00:28:24.920 --> 00:28:27.208 So you check in with each other and  
NOTE Confidence: 0.9334906683333333

00:28:27.208 --> 00:28:29.517 see how the other person's doing.  
NOTE Confidence: 0.9334906683333333

00:28:29.520 --> 00:28:30.684 And it helps to,  
NOTE Confidence: 0.9334906683333333

00:28:30.684 --> 00:28:33.011 to motivate 1 to engage in these  
NOTE Confidence: 0.9334906683333333

00:28:33.011 --> 00:28:34.568 behaviors where it's kind of

NOTE Confidence: 0.933490668333333  
00:28:34.568 --> 00:28:36.053 easy for us to rationalize, oh,  
NOTE Confidence: 0.933490668333333  
00:28:36.053 --> 00:28:37.437 I'm too busy, I can't do it today.  
NOTE Confidence: 0.933490668333333  
00:28:37.440 --> 00:28:38.640 But if you have a friend who says,  
NOTE Confidence: 0.933490668333333  
00:28:38.640 --> 00:28:39.800 well, come on, you know,  
NOTE Confidence: 0.933490668333333  
00:28:39.800 --> 00:28:41.440 we're doing this every Friday,  
NOTE Confidence: 0.933490668333333  
00:28:41.440 --> 00:28:41.994 you know,  
NOTE Confidence: 0.933490668333333  
00:28:41.994 --> 00:28:44.560 this is this is important and that can help.  
NOTE Confidence: 0.933490668333333  
00:28:44.560 --> 00:28:46.422 So I will pause there and pass  
NOTE Confidence: 0.933490668333333  
00:28:46.422 --> 00:28:48.359 it off to Doctor Cipriano.  
NOTE Confidence: 0.875673538  
00:28:51.560 --> 00:28:53.668 Great. Thank you so much, James.  
NOTE Confidence: 0.875673538  
00:28:53.668 --> 00:28:55.544 Thanks, Mark. This is so fun to  
NOTE Confidence: 0.875673538  
00:28:55.544 --> 00:28:57.461 be here with you all today to  
NOTE Confidence: 0.875673538  
00:28:57.461 --> 00:28:59.360 talk about the power of emotions.  
NOTE Confidence: 0.875673538  
00:28:59.360 --> 00:29:00.400 I'm going to bring us  
NOTE Confidence: 0.875673538  
00:29:00.400 --> 00:29:01.232 into the school context.  
NOTE Confidence: 0.875673538

00:29:01.240 --> 00:29:02.888 And I was taking notes as Mark and  
NOTE Confidence: 0.875673538

00:29:02.888 --> 00:29:04.334 James were speaking to try to help  
NOTE Confidence: 0.875673538

00:29:04.334 --> 00:29:05.844 us to thread it all together as  
NOTE Confidence: 0.875673538

00:29:05.844 --> 00:29:07.517 well as we think about the science.  
NOTE Confidence: 0.875673538

00:29:07.520 --> 00:29:09.320 Just by way of introduction,  
NOTE Confidence: 0.875673538

00:29:09.320 --> 00:29:10.958 I'm an associate professor here at Yale.  
NOTE Confidence: 0.875673538

00:29:10.960 --> 00:29:12.240 I use she, her pronouns.  
NOTE Confidence: 0.875673538

00:29:12.240 --> 00:29:14.592 I direct a lab called the Education  
NOTE Confidence: 0.875673538

00:29:14.592 --> 00:29:16.283 Collaboratory where we work to  
NOTE Confidence: 0.875673538

00:29:16.283 --> 00:29:18.155 advance the science of learning and  
NOTE Confidence: 0.875673538

00:29:18.155 --> 00:29:20.119 social and emotional development.  
NOTE Confidence: 0.875673538

00:29:20.120 --> 00:29:22.409 And so I'm going to really focus  
NOTE Confidence: 0.875673538

00:29:22.409 --> 00:29:24.457 our attention into school based  
NOTE Confidence: 0.875673538

00:29:24.457 --> 00:29:25.957 social emotional learning,  
NOTE Confidence: 0.875673538

00:29:25.960 --> 00:29:28.018 what that means and how what the  
NOTE Confidence: 0.875673538

00:29:28.018 --> 00:29:30.498 evidence is for it so that we can

NOTE Confidence: 0.875673538

00:29:30.498 --> 00:29:32.484 support to provide students with these

NOTE Confidence: 0.875673538

00:29:32.484 --> 00:29:34.794 Tier 1 universal strategies to thrive.

NOTE Confidence: 0.875673538

00:29:34.800 --> 00:29:36.036 Within our lab,

NOTE Confidence: 0.875673538

00:29:36.036 --> 00:29:38.920 we have three main areas of work.

NOTE Confidence: 0.875673538

00:29:38.920 --> 00:29:39.420 And I,

NOTE Confidence: 0.875673538

00:29:39.420 --> 00:29:41.420 I'll drop some chats after I drop some

NOTE Confidence: 0.875673538

00:29:41.479 --> 00:29:43.759 notes in the chat after I'm done talking.

NOTE Confidence: 0.875673538

00:29:43.760 --> 00:29:45.353 I can't type and talk at the same time.

NOTE Confidence: 0.875673538

00:29:45.360 --> 00:29:47.635 But I wanted to first say that

NOTE Confidence: 0.875673538

00:29:47.635 --> 00:29:49.699 everything that we do is free

NOTE Confidence: 0.875673538

00:29:49.699 --> 00:29:51.399 and open source and available.

NOTE Confidence: 0.875673538

00:29:51.400 --> 00:29:53.352 So any of the science that I share

NOTE Confidence: 0.875673538

00:29:53.352 --> 00:29:55.600 with you have access to within that.

NOTE Confidence: 0.875673538

00:29:55.600 --> 00:29:58.174 We first center the experience of

NOTE Confidence: 0.875673538

00:29:58.174 --> 00:30:00.404 marginalized youth and educators in

NOTE Confidence: 0.875673538

00:30:00.404 --> 00:30:03.080 their school based social emotional learning.  
NOTE Confidence: 0.875673538

00:30:03.080 --> 00:30:04.480 And when I say marginalized,  
NOTE Confidence: 0.875673538

00:30:04.480 --> 00:30:06.100 I'm speaking about the intersections  
NOTE Confidence: 0.875673538

00:30:06.100 --> 00:30:07.968 of identity at race, class,  
NOTE Confidence: 0.875673538

00:30:07.968 --> 00:30:10.240 gender, sexuality and disability.  
NOTE Confidence: 0.875673538

00:30:10.240 --> 00:30:12.109 The second area of work is advancing  
NOTE Confidence: 0.875673538

00:30:12.109 --> 00:30:13.959 the science of evidence synthesis.  
NOTE Confidence: 0.875673538

00:30:13.960 --> 00:30:16.264 So what do we understand and what do we  
NOTE Confidence: 0.875673538

00:30:16.264 --> 00:30:18.749 know about the ways in which kids are  
NOTE Confidence: 0.875673538

00:30:18.749 --> 00:30:21.078 learning and feeling and thriving in school?  
NOTE Confidence: 0.875673538

00:30:21.080 --> 00:30:23.117 And the third is the Co construction  
NOTE Confidence: 0.875673538

00:30:23.117 --> 00:30:25.748 of novel data points to help schools  
NOTE Confidence: 0.875673538

00:30:25.748 --> 00:30:27.440 tell their implementation journeys.  
NOTE Confidence: 0.875673538

00:30:27.440 --> 00:30:29.040 This is Mark mentioned earlier.  
NOTE Confidence: 0.875673538

00:30:29.040 --> 00:30:30.864 You're on this afternoon,  
NOTE Confidence: 0.875673538

00:30:30.864 --> 00:30:31.320 right?

NOTE Confidence: 0.875673538

00:30:31.320 --> 00:30:33.230 We have a lot of room to grow here and

NOTE Confidence: 0.875673538

00:30:33.280 --> 00:30:35.457 thinking about the ways in which people

NOTE Confidence: 0.875673538

00:30:35.457 --> 00:30:36.988 are implementing these practices so

NOTE Confidence: 0.875673538

00:30:36.988 --> 00:30:39.156 that we can help to inform best practice.

NOTE Confidence: 0.875673538

00:30:39.160 --> 00:30:41.452 And again, that's at the Education

NOTE Confidence: 0.875673538

00:30:41.452 --> 00:30:42.598 Collaboratory at Yale.

NOTE Confidence: 0.875673538

00:30:42.600 --> 00:30:44.728 So when I use the term social

NOTE Confidence: 0.875673538

00:30:44.728 --> 00:30:45.640 and emotional learning,

NOTE Confidence: 0.875673538

00:30:45.640 --> 00:30:47.752 what I'm referring to is an

NOTE Confidence: 0.875673538

00:30:47.752 --> 00:30:49.160 interrelated set of cognitive,

NOTE Confidence: 0.875673538

00:30:49.160 --> 00:30:49.672 effective,

NOTE Confidence: 0.875673538

00:30:49.672 --> 00:30:52.232 and behavioral skills and strategies

NOTE Confidence: 0.875673538

00:30:52.232 --> 00:30:55.040 that under score how we learn.

NOTE Confidence: 0.875673538

00:30:55.040 --> 00:30:57.104 So they under score the human

NOTE Confidence: 0.875673538

00:30:57.104 --> 00:30:59.450 condition and being able to develop

NOTE Confidence: 0.875673538

00:30:59.450 --> 00:31:01.258 and maintain mutually supportive  
NOTE Confidence: 0.875673538

00:31:01.258 --> 00:31:03.550 relationships and help kids and  
NOTE Confidence: 0.875673538

00:31:03.550 --> 00:31:06.034 all people to be healthy both  
NOTE Confidence: 0.875673538

00:31:06.034 --> 00:31:07.276 physically and psychologically.  
NOTE Confidence: 0.875673538

00:31:07.280 --> 00:31:08.980 There's lots of different ways  
NOTE Confidence: 0.875673538

00:31:08.980 --> 00:31:10.726 to think about the understanding  
NOTE Confidence: 0.875673538

00:31:10.726 --> 00:31:12.541 of a broader social emotional  
NOTE Confidence: 0.875673538

00:31:12.541 --> 00:31:14.319 supports in kids and adults.  
NOTE Confidence: 0.875673538

00:31:14.320 --> 00:31:16.753 Prior research had found over 700  
NOTE Confidence: 0.875673538

00:31:16.753 --> 00:31:18.718 different types of competencies or  
NOTE Confidence: 0.875673538

00:31:18.718 --> 00:31:20.950 constructs there within the work at  
NOTE Confidence: 0.875673538

00:31:20.950 --> 00:31:22.776 our lab has documented over 4000.  
NOTE Confidence: 0.875673538

00:31:22.776 --> 00:31:24.456 So there's many different ways  
NOTE Confidence: 0.875673538

00:31:24.456 --> 00:31:26.933 and terms that get used when we  
NOTE Confidence: 0.875673538

00:31:26.933 --> 00:31:28.708 think about social and behavioral  
NOTE Confidence: 0.875673538

00:31:28.708 --> 00:31:30.812 skills that we can teach kids

NOTE Confidence: 0.875673538

00:31:30.812 --> 00:31:32.477 and adults across the lifespan.

NOTE Confidence: 0.875673538

00:31:32.480 --> 00:31:34.220 But most often folks organize

NOTE Confidence: 0.875673538

00:31:34.220 --> 00:31:35.960 them into A5 factor model.

NOTE Confidence: 0.875673538

00:31:35.960 --> 00:31:37.225 So we're talking about things

NOTE Confidence: 0.875673538

00:31:37.225 --> 00:31:38.490 that have been coming up

NOTE Confidence: 0.924093221875

00:31:38.538 --> 00:31:40.023 throughout this time together today

NOTE Confidence: 0.924093221875

00:31:40.023 --> 00:31:41.976 of self-awareness, self management,

NOTE Confidence: 0.924093221875

00:31:41.976 --> 00:31:44.212 social awareness, relationship skills

NOTE Confidence: 0.924093221875

00:31:44.212 --> 00:31:46.476 and responsible decision making.

NOTE Confidence: 0.924093221875

00:31:46.480 --> 00:31:48.307 And to situate that EI that Mark

NOTE Confidence: 0.924093221875

00:31:48.307 --> 00:31:50.038 was talking about at the beginning,

NOTE Confidence: 0.924093221875

00:31:50.040 --> 00:31:53.025 emotional intelligence is kind of one cluster

NOTE Confidence: 0.924093221875

00:31:53.025 --> 00:31:56.280 of skill sets within this broader model.

NOTE Confidence: 0.924093221875

00:31:56.280 --> 00:31:57.630 And similarly as James was

NOTE Confidence: 0.924093221875

00:31:57.630 --> 00:31:59.240 just talking about at the end,

NOTE Confidence: 0.924093221875

00:31:59.240 --> 00:32:01.195 the mindfulness based literature is  
NOTE Confidence: 0.924093221875

00:32:01.195 --> 00:32:03.880 another cluster of skills and strategies.  
NOTE Confidence: 0.924093221875

00:32:03.880 --> 00:32:05.938 Both of these clusters share what we  
NOTE Confidence: 0.924093221875

00:32:05.938 --> 00:32:08.390 would refer to as intra and interpersonal  
NOTE Confidence: 0.924093221875

00:32:08.390 --> 00:32:10.280 competencies in what we develop,  
NOTE Confidence: 0.924093221875

00:32:10.280 --> 00:32:12.185 understanding of self and understanding  
NOTE Confidence: 0.924093221875

00:32:12.185 --> 00:32:14.719 of others in our engagement with them.  
NOTE Confidence: 0.924093221875

00:32:14.720 --> 00:32:17.568 But there are a huge range of different  
NOTE Confidence: 0.924093221875

00:32:17.568 --> 00:32:20.304 types and skills and strategies that can  
NOTE Confidence: 0.924093221875

00:32:20.304 --> 00:32:23.106 be looked at in in how we think about  
NOTE Confidence: 0.924093221875

00:32:23.106 --> 00:32:25.021 child development and how we understand  
NOTE Confidence: 0.924093221875

00:32:25.021 --> 00:32:26.956 school based mental health supports.  
NOTE Confidence: 0.924093221875

00:32:26.960 --> 00:32:29.888 So most recently our lab undertook  
NOTE Confidence: 0.924093221875

00:32:29.888 --> 00:32:32.436 a large scale meta analysis where we  
NOTE Confidence: 0.924093221875

00:32:32.436 --> 00:32:34.833 did a review of all of the research  
NOTE Confidence: 0.924093221875

00:32:34.833 --> 00:32:36.628 available to date contemporarily of

NOTE Confidence: 0.924093221875

00:32:36.628 --> 00:32:38.953 what is the evidence for efficacy

NOTE Confidence: 0.924093221875

00:32:38.953 --> 00:32:40.928 in school based social emotional

NOTE Confidence: 0.924093221875

00:32:40.928 --> 00:32:42.724 supports to support students to thrive.

NOTE Confidence: 0.924093221875

00:32:42.724 --> 00:32:44.505 And I just wanted to share some

NOTE Confidence: 0.924093221875

00:32:44.505 --> 00:32:45.397 kind of high level,

NOTE Confidence: 0.924093221875

00:32:45.400 --> 00:32:47.400 like big findings for you.

NOTE Confidence: 0.924093221875

00:32:47.400 --> 00:32:50.118 In looking at over 400 studies,

NOTE Confidence: 0.924093221875

00:32:50.120 --> 00:32:54.220 over 200 different explicit SEL

NOTE Confidence: 0.924093221875

00:32:54.220 --> 00:32:56.800 program representing over 50 countries

NOTE Confidence: 0.924093221875

00:32:56.800 --> 00:32:59.440 and over a decade of literature,

NOTE Confidence: 0.924093221875

00:32:59.440 --> 00:33:01.184 we report robust overwhelming

NOTE Confidence: 0.924093221875

00:33:01.184 --> 00:33:03.364 evidence of the effectiveness of

NOTE Confidence: 0.924093221875

00:33:03.364 --> 00:33:05.524 social emotional learning at scale

NOTE Confidence: 0.924093221875

00:33:05.524 --> 00:33:07.594 and supporting youth to thrive.

NOTE Confidence: 0.924093221875

00:33:07.600 --> 00:33:10.452 And when I use the term RIVE,

NOTE Confidence: 0.924093221875

00:33:10.452 --> 00:33:13.440 I want to put some some context around that.

NOTE Confidence: 0.924093221875

00:33:13.440 --> 00:33:15.240 So when I'm saying thrive first,

NOTE Confidence: 0.924093221875

00:33:15.240 --> 00:33:18.082 I'm saying we have evidence that students

NOTE Confidence: 0.924093221875

00:33:18.082 --> 00:33:20.999 who participate in SEL do better at school,

NOTE Confidence: 0.924093221875

00:33:21.000 --> 00:33:21.272 right?

NOTE Confidence: 0.924093221875

00:33:21.272 --> 00:33:22.360 So first and foremost,

NOTE Confidence: 0.924093221875

00:33:22.360 --> 00:33:23.980 we're talking about improvements

NOTE Confidence: 0.924093221875

00:33:23.980 --> 00:33:25.195 in academic achievement,

NOTE Confidence: 0.924093221875

00:33:25.200 --> 00:33:27.720 and that's in both GPA and test scores,

NOTE Confidence: 0.924093221875

00:33:27.720 --> 00:33:30.156 as well as things like homework completion,

NOTE Confidence: 0.924093221875

00:33:30.160 --> 00:33:32.638 on task behavior, engagement and learning.

NOTE Confidence: 0.924093221875

00:33:32.640 --> 00:33:33.360 And of course, you know,

NOTE Confidence: 0.924093221875

00:33:33.360 --> 00:33:35.736 those SEL skills and attitudes to to what

NOTE Confidence: 0.924093221875

00:33:35.736 --> 00:33:38.240 Mark and James were speaking to earlier.

NOTE Confidence: 0.924093221875

00:33:38.240 --> 00:33:39.479 And you know, as a parent myself,

NOTE Confidence: 0.924093221875

00:33:39.480 --> 00:33:40.880 I have 4, I'm blessed,

NOTE Confidence: 0.924093221875

00:33:40.880 --> 00:33:42.168 have four beautiful children.

NOTE Confidence: 0.924093221875

00:33:42.168 --> 00:33:44.100 There's a lot of discourse nationally

NOTE Confidence: 0.924093221875

00:33:44.151 --> 00:33:45.901 right now about parents rights and the

NOTE Confidence: 0.924093221875

00:33:45.901 --> 00:33:47.912 ways you know what we want for all our

NOTE Confidence: 0.924093221875

00:33:47.912 --> 00:33:49.692 kids and we think about the purpose

NOTE Confidence: 0.924093221875

00:33:49.692 --> 00:33:51.636 of school and the opportunity thrive.

NOTE Confidence: 0.924093221875

00:33:51.640 --> 00:33:53.852 The idea that SCL promotes an investment

NOTE Confidence: 0.924093221875

00:33:53.852 --> 00:33:55.754 in their academic thriving as well

NOTE Confidence: 0.924093221875

00:33:55.754 --> 00:33:57.847 they're doing well in school is really

NOTE Confidence: 0.924093221875

00:33:57.910 --> 00:34:00.199 something we can potentially all agree on.

NOTE Confidence: 0.924093221875

00:34:00.200 --> 00:34:01.744 In addition to that,

NOTE Confidence: 0.924093221875

00:34:01.744 --> 00:34:03.674 students who participate in SCL

NOTE Confidence: 0.924093221875

00:34:03.674 --> 00:34:06.160 have healthier behaviors at school.

NOTE Confidence: 0.924093221875

00:34:06.160 --> 00:34:08.560 So that's increased pro sociality,

NOTE Confidence: 0.924093221875

00:34:08.560 --> 00:34:10.558 so they're better at making friends

NOTE Confidence: 0.924093221875

00:34:10.558 --> 00:34:11.557 and maintaining friendships.

NOTE Confidence: 0.924093221875

00:34:11.560 --> 00:34:13.560 There's also increases in their

NOTE Confidence: 0.924093221875

00:34:13.560 --> 00:34:16.740 civic attitudes and behaviors and

NOTE Confidence: 0.924093221875

00:34:16.740 --> 00:34:18.648 showed significant reductions

NOTE Confidence: 0.924093221875

00:34:18.648 --> 00:34:21.080 in aggression and bullying.

NOTE Confidence: 0.924093221875

00:34:21.080 --> 00:34:21.862 Once more,

NOTE Confidence: 0.924093221875

00:34:21.862 --> 00:34:23.817 students who participate in SDL

NOTE Confidence: 0.924093221875

00:34:23.817 --> 00:34:25.480 programs actually feel better.

NOTE Confidence: 0.924093221875

00:34:25.480 --> 00:34:27.544 And you know here we are having this

NOTE Confidence: 0.924093221875

00:34:27.544 --> 00:34:29.839 panel in mental health awareness month.

NOTE Confidence: 0.924093221875

00:34:29.840 --> 00:34:31.982 Our data shows that students who

NOTE Confidence: 0.924093221875

00:34:31.982 --> 00:34:33.410 participate in explicit instruction

NOTE Confidence: 0.924093221875

00:34:33.464 --> 00:34:35.666 of these skills and strategies show

NOTE Confidence: 0.924093221875

00:34:35.666 --> 00:34:38.796 reductions in anxiety, overall stress,

NOTE Confidence: 0.924093221875

00:34:38.800 --> 00:34:41.120 reductions in their depressive

NOTE Confidence: 0.924093221875

00:34:41.120 --> 00:34:43.440 symptoms and suicide suicidality.

NOTE Confidence: 0.924093221875  
00:34:43.440 --> 00:34:44.356 And lastly,  
NOTE Confidence: 0.924093221875  
00:34:44.356 --> 00:34:46.188 students who participate in  
NOTE Confidence: 0.924093221875  
00:34:46.188 --> 00:34:48.020 SDL programs also feel  
NOTE Confidence: 0.887734203076923  
00:34:48.097 --> 00:34:50.980 safer at school, and that safety is defined  
NOTE Confidence: 0.887734203076923  
00:34:50.980 --> 00:34:53.400 by things like being more connected,  
NOTE Confidence: 0.887734203076923  
00:34:53.400 --> 00:34:55.299 included reductions in  
NOTE Confidence: 0.887734203076923  
00:34:55.299 --> 00:34:57.198 bullying and victimization,  
NOTE Confidence: 0.887734203076923  
00:34:57.200 --> 00:34:59.520 increases in their school climate,  
NOTE Confidence: 0.887734203076923  
00:34:59.520 --> 00:35:02.420 and better relationships with both  
NOTE Confidence: 0.887734203076923  
00:35:02.420 --> 00:35:05.320 their peers and their teachers.  
NOTE Confidence: 0.887734203076923  
00:35:05.320 --> 00:35:07.198 So there really is a robust,  
NOTE Confidence: 0.887734203076923  
00:35:07.200 --> 00:35:08.384 overwhelming amount of evidence  
NOTE Confidence: 0.887734203076923  
00:35:08.384 --> 00:35:10.160 for the effectiveness SCL and it  
NOTE Confidence: 0.887734203076923  
00:35:10.207 --> 00:35:11.547 potentially couldn't come at a  
NOTE Confidence: 0.887734203076923  
00:35:11.547 --> 00:35:13.190 more important time when we think  
NOTE Confidence: 0.887734203076923

00:35:13.190 --> 00:35:14.968 about what we know about the mental  
NOTE Confidence: 0.887734203076923

00:35:14.968 --> 00:35:17.160 health crisis among youth in the US,  
NOTE Confidence: 0.887734203076923

00:35:17.160 --> 00:35:20.148 right, 70% of adolescents are having  
NOTE Confidence: 0.887734203076923

00:35:20.148 --> 00:35:22.760 challenges with their mental health,  
NOTE Confidence: 0.887734203076923

00:35:22.760 --> 00:35:24.350 experiencing internalizing and  
NOTE Confidence: 0.887734203076923

00:35:24.350 --> 00:35:27.000 externalizing symptomology as a result.  
NOTE Confidence: 0.887734203076923

00:35:27.000 --> 00:35:29.471 We also know that schools are woefully  
NOTE Confidence: 0.887734203076923

00:35:29.471 --> 00:35:31.839 unprepared to meet that need right now.  
NOTE Confidence: 0.887734203076923

00:35:31.840 --> 00:35:33.196 And as a school based researcher,  
NOTE Confidence: 0.887734203076923

00:35:33.200 --> 00:35:35.755 this is something I'm intimately involved in.  
NOTE Confidence: 0.887734203076923

00:35:35.760 --> 00:35:37.840 In the United States,  
NOTE Confidence: 0.887734203076923

00:35:37.840 --> 00:35:40.285 nearly 80% of youth are asking  
NOTE Confidence: 0.887734203076923

00:35:40.285 --> 00:35:42.840 for more support at their school.  
NOTE Confidence: 0.887734203076923

00:35:42.840 --> 00:35:44.968 60% of public schools in the US  
NOTE Confidence: 0.887734203076923

00:35:44.968 --> 00:35:46.763 currently report an increase and  
NOTE Confidence: 0.887734203076923

00:35:46.763 --> 00:35:48.818 requests for mental health and

NOTE Confidence: 0.887734203076923  
00:35:48.818 --> 00:35:50.482 social behavioral support services  
NOTE Confidence: 0.887734203076923  
00:35:50.482 --> 00:35:52.678 of the school from their students.  
NOTE Confidence: 0.887734203076923  
00:35:52.680 --> 00:35:53.576 Yes, 50.  
NOTE Confidence: 0.887734203076923  
00:35:53.576 --> 00:35:55.862 Less than 50% of schools actually  
NOTE Confidence: 0.887734203076923  
00:35:55.862 --> 00:35:58.430 feel like they can meet the needs of  
NOTE Confidence: 0.887734203076923  
00:35:58.430 --> 00:36:00.558 their students right now in real time.  
NOTE Confidence: 0.887734203076923  
00:36:00.560 --> 00:36:01.935 There's a significant gap and  
NOTE Confidence: 0.887734203076923  
00:36:01.935 --> 00:36:04.010 it's really more of a crater in  
NOTE Confidence: 0.887734203076923  
00:36:04.010 --> 00:36:05.625 our opportunities here to help  
NOTE Confidence: 0.887734203076923  
00:36:05.625 --> 00:36:07.460 the support schools to meet the  
NOTE Confidence: 0.887734203076923  
00:36:07.460 --> 00:36:09.074 needs of students where they are.  
NOTE Confidence: 0.887734203076923  
00:36:09.080 --> 00:36:11.608 And I want to just drill down that  
NOTE Confidence: 0.887734203076923  
00:36:11.608 --> 00:36:13.558 actually currently in the United States,  
NOTE Confidence: 0.887734203076923  
00:36:13.560 --> 00:36:16.464 only one state has the recommended  
NOTE Confidence: 0.887734203076923  
00:36:16.464 --> 00:36:19.026 number of school psychologists to  
NOTE Confidence: 0.887734203076923

00:36:19.026 --> 00:36:20.885 students available, and that's Idaho,  
NOTE Confidence: 0.887734203076923

00:36:20.885 --> 00:36:22.160 in case anyone was wondering.  
NOTE Confidence: 0.887734203076923

00:36:22.160 --> 00:36:23.700 So we have a large amount of  
NOTE Confidence: 0.887734203076923

00:36:23.700 --> 00:36:24.680 large room to grow.  
NOTE Confidence: 0.887734203076923

00:36:24.680 --> 00:36:26.038 And I could drop some links to,  
NOTE Confidence: 0.887734203076923

00:36:26.040 --> 00:36:28.080 to find out some more about that in the chat.  
NOTE Confidence: 0.887734203076923

00:36:28.080 --> 00:36:28.377 Thereafter.  
NOTE Confidence: 0.887734203076923

00:36:28.377 --> 00:36:30.753 I wanted to make a couple of more  
NOTE Confidence: 0.887734203076923

00:36:30.753 --> 00:36:32.772 quick comments based on time here  
NOTE Confidence: 0.887734203076923

00:36:32.772 --> 00:36:34.432 regarding some things that my  
NOTE Confidence: 0.887734203076923

00:36:34.494 --> 00:36:36.359 colleagues had said in addition.  
NOTE Confidence: 0.887734203076923

00:36:36.360 --> 00:36:38.545 So Mark mentioned the differences  
NOTE Confidence: 0.887734203076923

00:36:38.545 --> 00:36:40.293 and students affective experiences  
NOTE Confidence: 0.887734203076923

00:36:40.293 --> 00:36:42.638 or people's affective experiences  
NOTE Confidence: 0.887734203076923

00:36:42.640 --> 00:36:44.050 and talking about it from a  
NOTE Confidence: 0.887734203076923

00:36:44.050 --> 00:36:44.755 cross cultural component.

NOTE Confidence: 0.887734203076923  
00:36:44.760 --> 00:36:47.984 And I want to ground us in two truths, right?  
NOTE Confidence: 0.887734203076923  
00:36:47.984 --> 00:36:49.256 So two truths.  
NOTE Confidence: 0.887734203076923  
00:36:49.256 --> 00:36:50.434 One, people vary.  
NOTE Confidence: 0.887734203076923  
00:36:50.434 --> 00:36:53.073 Students vary at the intersections of their  
NOTE Confidence: 0.887734203076923  
00:36:53.073 --> 00:36:55.354 identity and how they experience emotion and  
NOTE Confidence: 0.887734203076923  
00:36:55.354 --> 00:36:58.039 the ways in which they choose to regulate.  
NOTE Confidence: 0.887734203076923  
00:36:58.040 --> 00:36:59.600 That's helpful and useful to them.  
NOTE Confidence: 0.887734203076923  
00:36:59.600 --> 00:37:01.000 So variability is the norm  
NOTE Confidence: 0.887734203076923  
00:37:01.000 --> 00:37:02.553 and not the exception, right,  
NOTE Confidence: 0.887734203076923  
00:37:02.553 --> 00:37:04.718 as Mark was introducing earlier.  
NOTE Confidence: 0.887734203076923  
00:37:04.720 --> 00:37:08.199 And secondly, how we respond to students,  
NOTE Confidence: 0.887734203076923  
00:37:08.200 --> 00:37:10.225 how we respond to that  
NOTE Confidence: 0.887734203076923  
00:37:10.225 --> 00:37:11.440 variability also varies.  
NOTE Confidence: 0.887734203076923  
00:37:11.440 --> 00:37:13.156 We as adults respond very differently.  
NOTE Confidence: 0.887734203076923  
00:37:13.160 --> 00:37:15.464 I can think about that from the ways in  
NOTE Confidence: 0.887734203076923

00:37:15.464 --> 00:37:17.717 which my 4 beautifully diverse children,  
NOTE Confidence: 0.887734203076923

00:37:17.720 --> 00:37:18.998 neuro diverse children, the ways in  
NOTE Confidence: 0.887734203076923

00:37:18.998 --> 00:37:20.559 which they engage and I respond to them,  
NOTE Confidence: 0.887734203076923

00:37:20.560 --> 00:37:22.720 to how teachers engage in classrooms,  
NOTE Confidence: 0.887734203076923

00:37:22.720 --> 00:37:24.200 the diversity of their classroom,  
NOTE Confidence: 0.887734203076923

00:37:24.200 --> 00:37:26.888 to how families engage and clinicians  
NOTE Confidence: 0.887734203076923

00:37:26.888 --> 00:37:28.680 engage in hospital settings.  
NOTE Confidence: 0.887734203076923

00:37:28.680 --> 00:37:29.625 So we must,  
NOTE Confidence: 0.887734203076923

00:37:29.625 --> 00:37:32.240 we must honor that variability as a norm.  
NOTE Confidence: 0.887734203076923

00:37:32.240 --> 00:37:33.320 And then the second, oh,  
NOTE Confidence: 0.887734203076923

00:37:33.320 --> 00:37:34.559 am I at time here at Linda?  
NOTE Confidence: 0.887734203076923

00:37:34.560 --> 00:37:35.760 Is that a note on that?  
NOTE Confidence: 0.887734203076923

00:37:35.760 --> 00:37:36.752 I see your hand.  
NOTE Confidence: 0.887734203076923

00:37:36.752 --> 00:37:37.000 OK,  
NOTE Confidence: 0.887734203076923

00:37:37.000 --> 00:37:37.185 well,  
NOTE Confidence: 0.887734203076923

00:37:37.185 --> 00:37:38.850 maybe I'll leave that there and we could talk

NOTE Confidence: 0.8912383475

00:37:38.891 --> 00:37:39.981 a bit more about emotion

NOTE Confidence: 0.8912383475

00:37:39.981 --> 00:37:41.080 thereafter. Thank you so much.

NOTE Confidence: 0.966829935

00:37:43.320 --> 00:37:45.640 Thank you so much.

NOTE Confidence: 0.966829935

00:37:45.640 --> 00:37:51.512 So we're now open to questions and Mark,

NOTE Confidence: 0.966829935

00:37:51.512 --> 00:37:53.864 maybe I can turn the first

NOTE Confidence: 0.966829935

00:37:53.864 --> 00:37:56.960 question to you is basically why

NOTE Confidence: 0.966829935

00:37:56.960 --> 00:37:58.800 is labeling emotion so critical?

NOTE Confidence: 0.90861871

00:38:05.040 --> 00:38:06.280 Did you hear the question? Mark,

NOTE Confidence: 0.734548585

00:38:06.880 --> 00:38:08.360 you're on mute. Sorry,

NOTE Confidence: 0.952976835454546

00:38:08.360 --> 00:38:10.148 I was talking to myself over

NOTE Confidence: 0.952976835454546

00:38:10.148 --> 00:38:11.520 mute after four years of

NOTE Confidence: 0.925456993333334

00:38:14.280 --> 00:38:17.520 what I was saying was that I like to think

NOTE Confidence: 0.925456993333334

00:38:17.597 --> 00:38:22.479 of self-awareness as a gift that you know,

NOTE Confidence: 0.925456993333334

00:38:22.480 --> 00:38:29.026 we humans deserve to know how to

NOTE Confidence: 0.925456993333334

00:38:29.026 --> 00:38:31.958 articulate clearly our experiences.

NOTE Confidence: 0.925456993333334

00:38:31.960 --> 00:38:34.640 And we have language for so many things,  
NOTE Confidence: 0.925456993333334

00:38:34.640 --> 00:38:36.120 like if you're a mathematician,  
NOTE Confidence: 0.925456993333334

00:38:36.120 --> 00:38:37.880 if you are a scientist,  
NOTE Confidence: 0.925456993333334

00:38:37.880 --> 00:38:41.016 like we can talk about meta analysis  
NOTE Confidence: 0.925456993333334

00:38:41.016 --> 00:38:42.360 and correlation coefficients,  
NOTE Confidence: 0.925456993333334

00:38:42.360 --> 00:38:44.600 but can we talk about how we feel  
NOTE Confidence: 0.925456993333334

00:38:44.600 --> 00:38:46.580 and can we communicate clearly  
NOTE Confidence: 0.925456993333334

00:38:46.580 --> 00:38:48.560 the experiences that we're having?  
NOTE Confidence: 0.925456993333334

00:38:48.560 --> 00:38:50.468 And what I think having language  
NOTE Confidence: 0.925456993333334

00:38:50.468 --> 00:38:52.918 helps with are a number of things.  
NOTE Confidence: 0.925456993333334

00:38:52.920 --> 00:38:55.470 The 1st is a just like I can share with  
NOTE Confidence: 0.925456993333334

00:38:55.544 --> 00:38:57.840 you if I feel safe and comfortable,  
NOTE Confidence: 0.925456993333334

00:38:57.840 --> 00:38:59.256 Linda, I'm feeling sad,  
NOTE Confidence: 0.925456993333334

00:38:59.256 --> 00:39:00.318 I'm feeling disappointed.  
NOTE Confidence: 0.925456993333334

00:39:00.320 --> 00:39:02.840 I'm excited.  
NOTE Confidence: 0.925456993333334

00:39:02.840 --> 00:39:05.848 That also gives you information on what my

NOTE Confidence: 0.925456993333334  
00:39:05.848 --> 00:39:08.757 needs might be so that you can support me.  
NOTE Confidence: 0.925456993333334  
00:39:08.760 --> 00:39:10.518 And then personally,  
NOTE Confidence: 0.925456993333334  
00:39:10.518 --> 00:39:14.280 it helps me kind of guide my strategy.  
NOTE Confidence: 0.925456993333334  
00:39:14.280 --> 00:39:17.756 And so best example I have, you know,  
NOTE Confidence: 0.925456993333334  
00:39:17.760 --> 00:39:18.740 I remember when the pandemic  
NOTE Confidence: 0.925456993333334  
00:39:18.740 --> 00:39:19.920 hit and we're here we are.  
NOTE Confidence: 0.925456993333334  
00:39:19.920 --> 00:39:22.064 We're like, I just remember that first week  
NOTE Confidence: 0.925456993333334  
00:39:22.064 --> 00:39:24.160 when our child study center shut down.  
NOTE Confidence: 0.925456993333334  
00:39:24.160 --> 00:39:26.160 We were doing virtual meetings.  
NOTE Confidence: 0.925456993333334  
00:39:26.160 --> 00:39:28.400 We were spraying our groceries with Windex.  
NOTE Confidence: 0.925456993333334  
00:39:28.400 --> 00:39:31.276 And I remember sitting, I had made a lot.  
NOTE Confidence: 0.925456993333334  
00:39:31.280 --> 00:39:32.240 I have an, a bedroom.  
NOTE Confidence: 0.925456993333334  
00:39:32.240 --> 00:39:33.479 I made that light my Home Office.  
NOTE Confidence: 0.925456993333334  
00:39:33.480 --> 00:39:35.517 I'm trying to run a team meeting.  
NOTE Confidence: 0.925456993333334  
00:39:35.520 --> 00:39:38.293 The stock market is crashing, right?  
NOTE Confidence: 0.925456993333334

00:39:38.293 --> 00:39:40.758 And I just remember like,  
NOTE Confidence: 0.925456993333334

00:39:40.760 --> 00:39:43.000 like just really not knowing what to do.  
NOTE Confidence: 0.925456993333334

00:39:43.000 --> 00:39:44.452 And I was like, well, how am I feeling?  
NOTE Confidence: 0.925456993333334

00:39:44.452 --> 00:39:44.878 Am I?  
NOTE Confidence: 0.925456993333334

00:39:44.880 --> 00:39:46.548 I'm not stressed really.  
NOTE Confidence: 0.925456993333334

00:39:46.548 --> 00:39:48.633 I was just completely overwhelmed  
NOTE Confidence: 0.925456993333334

00:39:48.633 --> 00:39:49.800 and saturated.  
NOTE Confidence: 0.925456993333334

00:39:49.800 --> 00:39:51.896 Like so many things going on in my  
NOTE Confidence: 0.925456993333334

00:39:51.896 --> 00:39:53.995 head about what how to manage a team,  
NOTE Confidence: 0.925456993333334

00:39:54.000 --> 00:39:55.148 how to manage myself.  
NOTE Confidence: 0.925456993333334

00:39:55.148 --> 00:39:56.296 My mother-in-law was trapped  
NOTE Confidence: 0.925456993333334

00:39:56.296 --> 00:39:57.639 in my house with me.  
NOTE Confidence: 0.925456993333334

00:39:57.640 --> 00:40:01.340 And so that kind of awareness  
NOTE Confidence: 0.925456993333334

00:40:01.340 --> 00:40:03.800 just made me realize, like, Mark,  
NOTE Confidence: 0.925456993333334

00:40:03.800 --> 00:40:06.040 you have no control over the pandemic.  
NOTE Confidence: 0.925456993333334

00:40:06.040 --> 00:40:08.480 Like you have no control over Yale's policies

NOTE Confidence: 0.925456993333334  
00:40:08.480 --> 00:40:10.240 around shutting down because of COVID.  
NOTE Confidence: 0.925456993333334  
00:40:10.240 --> 00:40:12.400 So you do have control over,  
NOTE Confidence: 0.925456993333334  
00:40:12.400 --> 00:40:14.276 you know, what you do with your,  
NOTE Confidence: 0.925456993333334  
00:40:14.280 --> 00:40:15.440 you know how you manage,  
NOTE Confidence: 0.925456993333334  
00:40:15.440 --> 00:40:17.090 you know your experience and  
NOTE Confidence: 0.925456993333334  
00:40:17.090 --> 00:40:19.120 how you can support your team.  
NOTE Confidence: 0.925456993333334  
00:40:19.120 --> 00:40:20.660 And so that clarity,  
NOTE Confidence: 0.925456993333334  
00:40:20.660 --> 00:40:24.278 I think helps guide you to an action plan.  
NOTE Confidence: 0.788505108  
00:40:26.840 --> 00:40:28.440 If I may just add,  
NOTE Confidence: 0.788505108  
00:40:28.440 --> 00:40:30.220 there's a really interesting finding  
NOTE Confidence: 0.788505108  
00:40:30.220 --> 00:40:32.360 that supports what Mark's talking about,  
NOTE Confidence: 0.788505108  
00:40:32.360 --> 00:40:35.755 which we can attach and share out.  
NOTE Confidence: 0.788505108  
00:40:35.760 --> 00:40:38.714 They've looked at how the brain responds  
NOTE Confidence: 0.788505108  
00:40:38.714 --> 00:40:40.872 to stress and how labeling works.  
NOTE Confidence: 0.788505108  
00:40:40.872 --> 00:40:43.959 And when you use a general affective label,  
NOTE Confidence: 0.788505108

00:40:43.960 --> 00:40:45.838 it works only a little bit.  
NOTE Confidence: 0.788505108

00:40:45.840 --> 00:40:48.199 But when you use a specific word  
NOTE Confidence: 0.788505108

00:40:48.199 --> 00:40:49.656 like disgusted, feared, anger,  
NOTE Confidence: 0.788505108

00:40:49.656 --> 00:40:51.596 or whatever emotion you're labeling,  
NOTE Confidence: 0.788505108

00:40:51.600 --> 00:40:53.552 you actually see differential  
NOTE Confidence: 0.788505108

00:40:53.552 --> 00:40:55.992 activation and emotional brain networks  
NOTE Confidence: 0.788505108

00:40:55.992 --> 00:40:59.074 and you can see actual the down  
NOTE Confidence: 0.788505108

00:40:59.074 --> 00:41:00.758 regulation happen more efficiently.  
NOTE Confidence: 0.788505108

00:41:00.760 --> 00:41:02.790 And so we know that these general  
NOTE Confidence: 0.788505108

00:41:02.790 --> 00:41:04.836 ideas are actually taking root in the  
NOTE Confidence: 0.788505108

00:41:04.836 --> 00:41:06.960 Physiology of how we respond to stress,  
NOTE Confidence: 0.788505108

00:41:06.960 --> 00:41:08.520 which is interesting to see.  
NOTE Confidence: 0.6411417475

00:41:12.480 --> 00:41:13.920 Chris, maybe you could  
NOTE Confidence: 0.842721716666667

00:41:16.600 --> 00:41:18.358 maybe you could actually address the  
NOTE Confidence: 0.842721716666667

00:41:18.358 --> 00:41:20.280 converse of what we're talking about.  
NOTE Confidence: 0.842721716666667

00:41:20.280 --> 00:41:22.448 Lately in the media, there's been a lot

NOTE Confidence: 0.842721716666667  
00:41:22.448 --> 00:41:24.302 that's been questioning the efficacy  
NOTE Confidence: 0.842721716666667  
00:41:24.302 --> 00:41:27.074 of putting in mental health supports  
NOTE Confidence: 0.842721716666667  
00:41:27.080 --> 00:41:29.678 and talking about emotions in schools.  
NOTE Confidence: 0.842721716666667  
00:41:29.680 --> 00:41:31.710 It's just actually quite a  
NOTE Confidence: 0.842721716666667  
00:41:31.710 --> 00:41:34.080 bit in the media about it.  
NOTE Confidence: 0.842721716666667  
00:41:34.080 --> 00:41:36.649 What, how, what would you say about  
NOTE Confidence: 0.842721716666667  
00:41:36.649 --> 00:41:38.815 both the publicization of school based  
NOTE Confidence: 0.842721716666667  
00:41:38.815 --> 00:41:41.305 mental health and what we, what we know,  
NOTE Confidence: 0.842721716666667  
00:41:41.305 --> 00:41:42.955 what we still don't know and,  
NOTE Confidence: 0.842721716666667  
00:41:42.960 --> 00:41:44.478 and what, what should we do?  
NOTE Confidence: 0.7304021125  
00:41:45.600 --> 00:41:48.120 Absolutely. And I welcome this to be a,  
NOTE Confidence: 0.7304021125  
00:41:48.120 --> 00:41:49.430 a question that we could  
NOTE Confidence: 0.7304021125  
00:41:49.430 --> 00:41:50.478 have some dialogue about.  
NOTE Confidence: 0.7304021125  
00:41:50.480 --> 00:41:52.160 And I, I saw there was also a  
NOTE Confidence: 0.7304021125  
00:41:52.160 --> 00:41:53.570 question from the audience that came  
NOTE Confidence: 0.7304021125

00:41:53.570 --> 00:41:55.520 in that that gets at this a little  
NOTE Confidence: 0.7304021125

00:41:55.520 --> 00:41:56.984 bit of kind of understanding some  
NOTE Confidence: 0.7304021125

00:41:56.984 --> 00:41:58.940 of that nuance that's built in.  
NOTE Confidence: 0.7304021125

00:41:58.940 --> 00:42:01.405 And you know, Mark set off the tone  
NOTE Confidence: 0.7304021125

00:42:01.405 --> 00:42:03.250 today with sharing with us that we  
NOTE Confidence: 0.7304021125

00:42:03.250 --> 00:42:05.425 have a lot of room to grow in the  
NOTE Confidence: 0.7304021125

00:42:05.425 --> 00:42:07.153 implementation and understanding how  
NOTE Confidence: 0.7304021125

00:42:07.153 --> 00:42:09.313 these practices are being embedded.  
NOTE Confidence: 0.7304021125

00:42:09.320 --> 00:42:11.283 And James talked about the, well,  
NOTE Confidence: 0.7304021125

00:42:11.283 --> 00:42:12.741 maybe sometimes we just want a  
NOTE Confidence: 0.7304021125

00:42:12.741 --> 00:42:14.478 quick fix or something that's brief  
NOTE Confidence: 0.7304021125

00:42:14.478 --> 00:42:16.392 intervention that we can engage in.  
NOTE Confidence: 0.7304021125

00:42:16.400 --> 00:42:18.689 But we really do have some opportunities  
NOTE Confidence: 0.7304021125

00:42:18.689 --> 00:42:21.440 here to build out the ways in which  
NOTE Confidence: 0.7304021125

00:42:21.440 --> 00:42:23.650 we're helping to support humans to  
NOTE Confidence: 0.7304021125

00:42:23.650 --> 00:42:25.720 grow across the lifespan in embodying

NOTE Confidence: 0.7304021125

00:42:25.720 --> 00:42:27.710 these skills and context that

NOTE Confidence: 0.7304021125

00:42:27.710 --> 00:42:29.354 they're meaningful and malleable.

NOTE Confidence: 0.7304021125

00:42:29.360 --> 00:42:31.538 Where these programs and these approaches

NOTE Confidence: 0.7304021125

00:42:31.538 --> 00:42:33.918 fall short and where they open up

NOTE Confidence: 0.7304021125

00:42:33.918 --> 00:42:35.927 that window or that Achilles heel in

NOTE Confidence: 0.7304021125

00:42:35.992 --> 00:42:38.400 many ways to kind of raise questions,

NOTE Confidence: 0.7304021125

00:42:38.400 --> 00:42:40.290 which is something that the media

NOTE Confidence: 0.7304021125

00:42:40.290 --> 00:42:42.322 has been pulling in has been both

NOTE Confidence: 0.7304021125

00:42:42.322 --> 00:42:44.760 on the the match between the what

NOTE Confidence: 0.7304021125

00:42:44.760 --> 00:42:47.046 is being taught and the contextual

NOTE Confidence: 0.7304021125

00:42:47.046 --> 00:42:49.349 or cultural factors of the space

NOTE Confidence: 0.7304021125

00:42:49.349 --> 00:42:51.114 in which it's being shared.

NOTE Confidence: 0.7304021125

00:42:51.120 --> 00:42:53.248 So we want to make sure that we're

NOTE Confidence: 0.7304021125

00:42:53.248 --> 00:42:55.205 not proliferating any sort of like

NOTE Confidence: 0.7304021125

00:42:55.205 --> 00:42:58.048 right way to feel or right way to

NOTE Confidence: 0.7304021125

00:42:58.048 --> 00:42:59.863 regulate or manage that emotion  
NOTE Confidence: 0.7304021125

00:42:59.863 --> 00:43:01.920 and rather recognize that both  
NOTE Confidence: 0.7304021125

00:43:01.920 --> 00:43:03.820 pleasant and unpleasant emotions  
NOTE Confidence: 0.7304021125

00:43:03.820 --> 00:43:06.195 provide us with helpful information,  
NOTE Confidence: 0.7304021125

00:43:06.200 --> 00:43:08.496 which both of my colleagues were speaking  
NOTE Confidence: 0.7304021125

00:43:08.496 --> 00:43:11.436 to to help to grow through and grow with.  
NOTE Confidence: 0.7304021125

00:43:11.440 --> 00:43:12.816 Now, importantly within that,  
NOTE Confidence: 0.7304021125

00:43:12.816 --> 00:43:14.880 even though we know we're in  
NOTE Confidence: 0.7304021125

00:43:14.949 --> 00:43:15.957 the context of a,  
NOTE Confidence: 0.7304021125

00:43:15.960 --> 00:43:16.632 you know,  
NOTE Confidence: 0.7304021125

00:43:16.632 --> 00:43:17.976 an unprecedented national mental  
NOTE Confidence: 0.7304021125

00:43:17.976 --> 00:43:19.320 health crisis among youth,  
NOTE Confidence: 0.7304021125

00:43:19.320 --> 00:43:21.960 we know there's increasing pressures for  
NOTE Confidence: 0.7304021125

00:43:21.960 --> 00:43:24.924 youth to internalize their negative and  
NOTE Confidence: 0.7304021125

00:43:24.924 --> 00:43:27.116 their unpleasant emotional experiences.  
NOTE Confidence: 0.7304021125

00:43:27.120 --> 00:43:28.950 And we also know adolescents are

NOTE Confidence: 0.7304021125

00:43:28.950 --> 00:43:30.872 more likely during that time of

NOTE Confidence: 0.7304021125

00:43:30.872 --> 00:43:32.512 emotional maturity to experience more

NOTE Confidence: 0.7304021125

00:43:32.512 --> 00:43:34.000 unpleasant than pleasant emotions.

NOTE Confidence: 0.7304021125

00:43:34.000 --> 00:43:37.480 Like developmentally at that time,

NOTE Confidence: 0.7304021125

00:43:37.480 --> 00:43:40.440 hyper focusing on unpleasant emotions,

NOTE Confidence: 0.7304021125

00:43:40.440 --> 00:43:40.870 right,

NOTE Confidence: 0.7304021125

00:43:40.870 --> 00:43:42.590 gives those unpleasant emotions

NOTE Confidence: 0.7304021125

00:43:42.590 --> 00:43:43.880 too much power.

NOTE Confidence: 0.7304021125

00:43:43.880 --> 00:43:45.714 Like we can all agree on that,

NOTE Confidence: 0.7304021125

00:43:45.720 --> 00:43:47.520 but not teaching adolescents

NOTE Confidence: 0.7304021125

00:43:47.520 --> 00:43:50.220 how to navigate the range of

NOTE Confidence: 0.7304021125

00:43:50.307 --> 00:43:52.680 increasingly complex emotions,

NOTE Confidence: 0.7304021125

00:43:52.680 --> 00:43:54.222 unpleasant or pleasant,

NOTE Confidence: 0.7304021125

00:43:54.222 --> 00:43:56.278 will leave them powerless.

NOTE Confidence: 0.7304021125

00:43:56.280 --> 00:43:58.304 And that is a nuance that I'm I

NOTE Confidence: 0.7304021125

00:43:58.304 --> 00:43:59.750 appreciate the opportunity to get  
NOTE Confidence: 0.7304021125

00:43:59.750 --> 00:44:01.794 to bring forth in our panel today.  
NOTE Confidence: 0.7304021125

00:44:01.800 --> 00:44:04.440 That is not necessarily getting met  
NOTE Confidence: 0.7304021125

00:44:04.440 --> 00:44:06.400 met with the kind of like right  
NOTE Confidence: 0.7304021125

00:44:06.400 --> 00:44:08.280 framing in the media right now.  
NOTE Confidence: 0.7304021125

00:44:08.280 --> 00:44:10.184 And so we really need to be mindful  
NOTE Confidence: 0.7304021125

00:44:10.184 --> 00:44:12.442 of the ways in which we're messaging  
NOTE Confidence: 0.7304021125

00:44:12.442 --> 00:44:14.167 and supporting youth to develop  
NOTE Confidence: 0.7304021125

00:44:14.230 --> 00:44:16.015 skills and strategies that are  
NOTE Confidence: 0.7304021125

00:44:16.015 --> 00:44:18.080 productive and helpful for their help.  
NOTE Confidence: 0.827902998

00:44:19.760 --> 00:44:21.800 I can just jump in just to  
NOTE Confidence: 0.577505392

00:44:22.160 --> 00:44:24.160 jump in Mark these two, because  
NOTE Confidence: 0.90660607125

00:44:24.160 --> 00:44:26.785 I think Chris made some really important  
NOTE Confidence: 0.90660607125

00:44:26.785 --> 00:44:29.980 points and the the list can go on, right.  
NOTE Confidence: 0.90660607125

00:44:29.980 --> 00:44:31.800 In terms of like the challenges here  
NOTE Confidence: 0.741123354117647

00:44:34.920 --> 00:44:36.712 firstly, but we have to just acknowledge

NOTE Confidence: 0.741123354117647  
00:44:36.712 --> 00:44:38.880 that no matter what a what a child's age is,  
NOTE Confidence: 0.741123354117647  
00:44:38.880 --> 00:44:40.878 they're coming to school with feelings.  
NOTE Confidence: 0.741123354117647  
00:44:40.880 --> 00:44:42.805 This is, you know, whether it's from  
NOTE Confidence: 0.741123354117647  
00:44:42.805 --> 00:44:44.637 like being made fun of on the bus,  
NOTE Confidence: 0.741123354117647  
00:44:44.640 --> 00:44:45.785 whether it's about who am  
NOTE Confidence: 0.741123354117647  
00:44:45.785 --> 00:44:47.280 I sitting next to at lunch,  
NOTE Confidence: 0.741123354117647  
00:44:47.280 --> 00:44:49.040 whether it's about how am I going to  
NOTE Confidence: 0.741123354117647  
00:44:49.040 --> 00:44:50.838 perform in math and science and sports.  
NOTE Confidence: 0.741123354117647  
00:44:50.840 --> 00:44:54.080 I mean, kids or feelings people.  
NOTE Confidence: 0.741123354117647  
00:44:54.080 --> 00:44:57.356 We could decide to ignore that information,  
NOTE Confidence: 0.741123354117647  
00:44:57.360 --> 00:44:59.360 which we know doesn't have the best outcomes,  
NOTE Confidence: 0.741123354117647  
00:44:59.360 --> 00:45:01.768 or we can decide to kind of use  
NOTE Confidence: 0.741123354117647  
00:45:01.768 --> 00:45:03.099 that information and support  
NOTE Confidence: 0.741123354117647  
00:45:03.099 --> 00:45:04.754 them and using it wisely.  
NOTE Confidence: 0.741123354117647  
00:45:04.760 --> 00:45:06.380 And going back to the political  
NOTE Confidence: 0.741123354117647

00:45:06.380 --> 00:45:08.324 controversy here, I think, you know,  
NOTE Confidence: 0.741123354117647

00:45:08.324 --> 00:45:10.720 one of the things that, you know,  
NOTE Confidence: 0.741123354117647

00:45:10.720 --> 00:45:13.280 somebody who has a big voice now has  
NOTE Confidence: 0.741123354117647

00:45:13.359 --> 00:45:15.795 said is like this is about therapy.  
NOTE Confidence: 0.741123354117647

00:45:15.800 --> 00:45:16.610 And, you know,  
NOTE Confidence: 0.741123354117647

00:45:16.610 --> 00:45:18.760 I think that can be that can go.  
NOTE Confidence: 0.741123354117647

00:45:18.760 --> 00:45:20.560 And we want to be careful.  
NOTE Confidence: 0.741123354117647

00:45:20.560 --> 00:45:22.200 Teachers are not therapists, right?  
NOTE Confidence: 0.741123354117647

00:45:22.200 --> 00:45:23.115 Teachers are teachers.  
NOTE Confidence: 0.741123354117647

00:45:23.115 --> 00:45:24.640 They're not trained to be  
NOTE Confidence: 0.741123354117647

00:45:24.640 --> 00:45:25.840 counselors or clinicians.  
NOTE Confidence: 0.741123354117647

00:45:25.840 --> 00:45:28.312 And so making sure that they're  
NOTE Confidence: 0.741123354117647

00:45:28.312 --> 00:45:29.960 properly educated in boundaries,  
NOTE Confidence: 0.741123354117647

00:45:29.960 --> 00:45:32.320 right in understanding the  
NOTE Confidence: 0.741123354117647

00:45:32.320 --> 00:45:34.680 implementation of this work,  
NOTE Confidence: 0.741123354117647

00:45:34.680 --> 00:45:36.619 helping the child focus on the feelings

NOTE Confidence: 0.741123354117647  
00:45:36.619 --> 00:45:38.432 they're having in the classroom about  
NOTE Confidence: 0.741123354117647  
00:45:38.432 --> 00:45:39.987 what they're learning about and  
NOTE Confidence: 0.741123354117647  
00:45:39.987 --> 00:45:41.896 helping them manage those feelings as  
NOTE Confidence: 0.741123354117647  
00:45:41.896 --> 00:45:43.408 opposed to trying to like pry what's  
NOTE Confidence: 0.741123354117647  
00:45:43.408 --> 00:45:44.917 happening at home and getting to that,  
NOTE Confidence: 0.741123354117647  
00:45:44.920 --> 00:45:46.240 you know, you know,  
NOTE Confidence: 0.741123354117647  
00:45:46.240 --> 00:45:48.220 that that is not necessarily the  
NOTE Confidence: 0.741123354117647  
00:45:48.292 --> 00:45:50.200 right thing for someone to do.  
NOTE Confidence: 0.741123354117647  
00:45:50.200 --> 00:45:51.432 And that, that, that,  
NOTE Confidence: 0.741123354117647  
00:45:51.432 --> 00:45:52.356 and I just,  
NOTE Confidence: 0.741123354117647  
00:45:52.360 --> 00:45:55.545 I think that we have to acknowledge  
NOTE Confidence: 0.741123354117647  
00:45:55.545 --> 00:45:58.513 the complexity of the work and  
NOTE Confidence: 0.741123354117647  
00:45:58.513 --> 00:46:01.033 just embrace that complexity that,  
NOTE Confidence: 0.741123354117647  
00:46:01.040 --> 00:46:01.588 you know,  
NOTE Confidence: 0.741123354117647  
00:46:01.588 --> 00:46:03.506 there are things that we teach people  
NOTE Confidence: 0.741123354117647

00:46:03.506 --> 00:46:05.380 that are simpler and then there are  
NOTE Confidence: 0.741123354117647

00:46:05.380 --> 00:46:07.613 things like how to deal with your  
NOTE Confidence: 0.741123354117647

00:46:07.613 --> 00:46:09.197 emotions across your development.  
NOTE Confidence: 0.741123354117647

00:46:09.200 --> 00:46:11.036 And it just is more complicated.  
NOTE Confidence: 0.741123354117647

00:46:11.040 --> 00:46:12.648 So that just means we just need to  
NOTE Confidence: 0.741123354117647

00:46:12.648 --> 00:46:14.300 provide a better education for people  
NOTE Confidence: 0.741123354117647

00:46:14.300 --> 00:46:15.800 and better supports for people.  
NOTE Confidence: 0.741123354117647

00:46:15.800 --> 00:46:17.438 It doesn't mean we don't do it.  
NOTE Confidence: 0.741123354117647

00:46:17.440 --> 00:46:19.636 It means that we put more energy into it.  
NOTE Confidence: 0.7824291825

00:46:21.520 --> 00:46:22.450 Thank you, Mark.  
NOTE Confidence: 0.7824291825

00:46:22.450 --> 00:46:23.690 James, there's the question  
NOTE Confidence: 0.7824291825

00:46:23.690 --> 00:46:25.240 in the question and answer,  
NOTE Confidence: 0.7824291825

00:46:25.240 --> 00:46:26.628 but let me summarize.  
NOTE Confidence: 0.7824291825

00:46:26.628 --> 00:46:28.710 That basically is what is the  
NOTE Confidence: 0.7824291825

00:46:28.781 --> 00:46:31.595 evidence base for the impact of  
NOTE Confidence: 0.7824291825

00:46:31.595 --> 00:46:33.471 mindfulness or mindfulness practices?

NOTE Confidence: 0.7824291825

00:46:33.480 --> 00:46:34.992 Some of that you might share in the chat,

NOTE Confidence: 0.7824291825

00:46:35.000 --> 00:46:36.086 but I wonder if you might

NOTE Confidence: 0.7824291825

00:46:36.086 --> 00:46:37.240 also speak to the question.

NOTE Confidence: 0.96278042

00:46:38.120 --> 00:46:40.319 Yeah, for sure.

NOTE Confidence: 0.96278042

00:46:40.320 --> 00:46:42.732 So the evidence base has grown

NOTE Confidence: 0.96278042

00:46:42.732 --> 00:46:44.960 rapidly over the last decade.

NOTE Confidence: 0.96278042

00:46:44.960 --> 00:46:46.968 There are now hundreds,

NOTE Confidence: 0.96278042

00:46:46.968 --> 00:46:49.478 perhaps thousands of studies on

NOTE Confidence: 0.96278042

00:46:49.478 --> 00:46:51.492 mindfulness now and they're actually

NOTE Confidence: 0.96278042

00:46:51.492 --> 00:46:53.916 dozens of meta analysis or reviews.

NOTE Confidence: 0.96278042

00:46:53.920 --> 00:46:58.040 So a colleague of mine who's in Madison,

NOTE Confidence: 0.96278042

00:46:58.040 --> 00:47:00.040 WI, working with Richie Davidson,

NOTE Confidence: 0.96278042

00:47:00.040 --> 00:47:01.672 who's done, who did some of

NOTE Confidence: 0.96278042

00:47:01.672 --> 00:47:03.132 the early work on mindfulness,

NOTE Confidence: 0.96278042

00:47:03.132 --> 00:47:05.364 he published a paper which we

NOTE Confidence: 0.96278042

00:47:05.364 --> 00:47:08.231 can put in the chat that was a  
NOTE Confidence: 0.96278042

00:47:08.231 --> 00:47:09.911 review of the meta analysis.  
NOTE Confidence: 0.96278042

00:47:09.920 --> 00:47:13.273 So it's kind of a nice overview  
NOTE Confidence: 0.96278042

00:47:13.273 --> 00:47:15.260 together statistically but also  
NOTE Confidence: 0.96278042

00:47:15.260 --> 00:47:17.600 narratively of what we found.  
NOTE Confidence: 0.96278042

00:47:17.600 --> 00:47:18.740 And The upshot is,  
NOTE Confidence: 0.96278042

00:47:18.740 --> 00:47:19.880 is mindfulness is a,  
NOTE Confidence: 0.96278042

00:47:19.880 --> 00:47:23.728 is as about as good as any mental  
NOTE Confidence: 0.96278042

00:47:23.728 --> 00:47:25.959 health intervention that we have.  
NOTE Confidence: 0.96278042

00:47:25.960 --> 00:47:28.258 So reframing gratitude,  
NOTE Confidence: 0.96278042

00:47:28.258 --> 00:47:30.556 supporting social connection,  
NOTE Confidence: 0.96278042

00:47:30.560 --> 00:47:31.840 any of the different techniques  
NOTE Confidence: 0.96278042

00:47:31.840 --> 00:47:33.512 that may help one work with  
NOTE Confidence: 0.96278042

00:47:33.512 --> 00:47:34.876 difficult thoughts or feelings.  
NOTE Confidence: 0.96278042

00:47:34.880 --> 00:47:36.326 The effects for the on the  
NOTE Confidence: 0.96278042

00:47:36.326 --> 00:47:37.931 whole for people who are non

NOTE Confidence: 0.96278042

00:47:37.931 --> 00:47:39.396 clinically indicated by the way,

NOTE Confidence: 0.96278042

00:47:39.400 --> 00:47:40.660 which is an important distinction

NOTE Confidence: 0.96278042

00:47:40.660 --> 00:47:41.920 happy to talk about that

NOTE Confidence: 0.941586302857143

00:47:44.200 --> 00:47:45.236 are small to moderate.

NOTE Confidence: 0.941586302857143

00:47:45.236 --> 00:47:47.390 And this is what we see pretty

NOTE Confidence: 0.941586302857143

00:47:47.390 --> 00:47:48.998 consistently across psychology.

NOTE Confidence: 0.941586302857143

00:47:49.000 --> 00:47:50.414 Those are the effect sizes you tend

NOTE Confidence: 0.941586302857143

00:47:50.414 --> 00:47:51.998 to say and there are moderators.

NOTE Confidence: 0.941586302857143

00:47:52.000 --> 00:47:53.040 So it works more strongly

NOTE Confidence: 0.941586302857143

00:47:53.040 --> 00:47:54.080 for some people and others,

NOTE Confidence: 0.941586302857143

00:47:54.080 --> 00:47:55.880 including those who have clinical

NOTE Confidence: 0.941586302857143

00:47:55.880 --> 00:47:57.412 indications, they may benefit more.

NOTE Confidence: 0.941586302857143

00:47:57.412 --> 00:47:59.170 And there of course are a

NOTE Confidence: 0.941586302857143

00:47:59.233 --> 00:48:00.757 wide range of mechanisms,

NOTE Confidence: 0.941586302857143

00:48:00.760 --> 00:48:02.657 which is a whole other question maybe

NOTE Confidence: 0.941586302857143

00:48:02.657 --> 00:48:04.359 we can address some other time.

NOTE Confidence: 0.941586302857143

00:48:04.360 --> 00:48:07.280 But it, it is effective.

NOTE Confidence: 0.941586302857143

00:48:07.280 --> 00:48:09.536 But I will say that there

NOTE Confidence: 0.941586302857143

00:48:09.536 --> 00:48:11.040 are many pathways in.

NOTE Confidence: 0.941586302857143

00:48:11.040 --> 00:48:12.028 So I think people,

NOTE Confidence: 0.941586302857143

00:48:12.028 --> 00:48:13.720 the idea of what my influence is,

NOTE Confidence: 0.941586302857143

00:48:13.720 --> 00:48:16.186 is that you're on a cushion or on a

NOTE Confidence: 0.941586302857143

00:48:16.186 --> 00:48:17.920 mountaintop focusing on your breath.

NOTE Confidence: 0.941586302857143

00:48:17.920 --> 00:48:18.568 And that's fine.

NOTE Confidence: 0.941586302857143

00:48:18.568 --> 00:48:20.080 And that works well for some people,

NOTE Confidence: 0.941586302857143

00:48:20.080 --> 00:48:22.054 but there are so many ways to

NOTE Confidence: 0.941586302857143

00:48:22.054 --> 00:48:23.625 engage is you're cultivating a

NOTE Confidence: 0.941586302857143

00:48:23.625 --> 00:48:25.611 complex state of mind and there

NOTE Confidence: 0.941586302857143

00:48:25.611 --> 00:48:27.440 are many ways to get there.

NOTE Confidence: 0.941586302857143

00:48:27.440 --> 00:48:29.552 So my favorite way personally to

NOTE Confidence: 0.941586302857143

00:48:29.552 --> 00:48:31.334 practice mindfulness is to spend

NOTE Confidence: 0.941586302857143  
00:48:31.334 --> 00:48:33.476 time in nature and to just observe.  
NOTE Confidence: 0.941586302857143  
00:48:33.480 --> 00:48:34.740 Pick something in nature,  
NOTE Confidence: 0.941586302857143  
00:48:34.740 --> 00:48:36.630 whether it's the song of the  
NOTE Confidence: 0.941586302857143  
00:48:36.691 --> 00:48:38.406 bird or the wind in the trees  
NOTE Confidence: 0.941586302857143  
00:48:38.406 --> 00:48:39.959 and focus on that instead.  
NOTE Confidence: 0.941586302857143  
00:48:39.960 --> 00:48:40.492 You can,  
NOTE Confidence: 0.941586302857143  
00:48:40.492 --> 00:48:42.354 there's a lot of mindful moving practices,  
NOTE Confidence: 0.941586302857143  
00:48:42.360 --> 00:48:44.960 yoga, Tai chi, for example.  
NOTE Confidence: 0.941586302857143  
00:48:44.960 --> 00:48:47.004 And so I encourage people to be  
NOTE Confidence: 0.941586302857143  
00:48:47.004 --> 00:48:48.504 creative and flexible with the  
NOTE Confidence: 0.941586302857143  
00:48:48.504 --> 00:48:50.190 different ways they try to practice  
NOTE Confidence: 0.941586302857143  
00:48:50.190 --> 00:48:52.359 to see if something works for them.  
NOTE Confidence: 0.941586302857143  
00:48:52.360 --> 00:48:54.999 And if it doesn't work right away,  
NOTE Confidence: 0.941586302857143  
00:48:55.000 --> 00:48:56.644 don't necessarily give up.  
NOTE Confidence: 0.941586302857143  
00:48:56.644 --> 00:48:57.877 Try something else.  
NOTE Confidence: 0.941586302857143

00:48:57.880 --> 00:48:58.102 Try,  
NOTE Confidence: 0.941586302857143

00:48:58.102 --> 00:48:59.434 try to find a well-being buddy,  
NOTE Confidence: 0.941586302857143

00:48:59.440 --> 00:49:00.570 maybe someone who's done it  
NOTE Confidence: 0.941586302857143

00:49:00.570 --> 00:49:01.474 a little bit more,  
NOTE Confidence: 0.941586302857143

00:49:01.480 --> 00:49:02.965 who has some experience and  
NOTE Confidence: 0.941586302857143

00:49:02.965 --> 00:49:04.153 try to practice together.  
NOTE Confidence: 0.941586302857143

00:49:04.160 --> 00:49:06.880 And that also adds a whole other layer to it.  
NOTE Confidence: 0.941586302857143

00:49:06.880 --> 00:49:08.205 But the evidence base overall  
NOTE Confidence: 0.941586302857143

00:49:08.205 --> 00:49:09.870 suggests that it can be as  
NOTE Confidence: 0.941586302857143

00:49:09.870 --> 00:49:11.580 effective as any of the other  
NOTE Confidence: 0.941586302857143

00:49:11.580 --> 00:49:12.435 interventions out there.  
NOTE Confidence: 0.771705068571429

00:49:14.040 --> 00:49:16.488 James, just want to add one thing, Linda.  
NOTE Confidence: 0.771705068571429

00:49:16.488 --> 00:49:19.308 You know, I think I forget the term  
NOTE Confidence: 0.771705068571429

00:49:19.308 --> 00:49:21.090 that you used James earlier, you know,  
NOTE Confidence: 0.771705068571429

00:49:21.090 --> 00:49:22.560 like when you're brushing your teeth,  
NOTE Confidence: 0.771705068571429

00:49:22.560 --> 00:49:24.240 you know, in the other formation literature,

NOTE Confidence: 0.771705068571429  
00:49:24.240 --> 00:49:26.070 they talk about stacking and I've  
NOTE Confidence: 0.771705068571429  
00:49:26.070 --> 00:49:28.039 become a really big fan of that.  
NOTE Confidence: 0.771705068571429  
00:49:28.040 --> 00:49:28.920 You know, you know,  
NOTE Confidence: 0.771705068571429  
00:49:28.920 --> 00:49:31.200 in the morning when I am brushing my teeth,  
NOTE Confidence: 0.771705068571429  
00:49:31.200 --> 00:49:33.648 I may just like just pause and like  
NOTE Confidence: 0.771705068571429  
00:49:33.648 --> 00:49:35.973 take a moment to think about the  
NOTE Confidence: 0.771705068571429  
00:49:35.973 --> 00:49:38.559 self that I want to be that day.  
NOTE Confidence: 0.771705068571429  
00:49:38.560 --> 00:49:39.640 I've tried to do like,  
NOTE Confidence: 0.771705068571429  
00:49:39.640 --> 00:49:40.600 I don't know other people,  
NOTE Confidence: 0.771705068571429  
00:49:40.600 --> 00:49:42.315 but in the in the zoom world  
NOTE Confidence: 0.771705068571429  
00:49:42.315 --> 00:49:43.800 that we're living in right now,  
NOTE Confidence: 0.771705068571429  
00:49:43.800 --> 00:49:45.400 eating because it's like become  
NOTE Confidence: 0.771705068571429  
00:49:45.400 --> 00:49:47.372 a like a it's complicated.  
NOTE Confidence: 0.771705068571429  
00:49:47.372 --> 00:49:49.982 She's always in meetings and you know,  
NOTE Confidence: 0.771705068571429  
00:49:49.982 --> 00:49:51.120 you don't want to, you know,  
NOTE Confidence: 0.771705068571429

00:49:51.120 --> 00:49:52.185 like eating, you know, you.

NOTE Confidence: 0.771705068571429

00:49:52.185 --> 00:49:54.600 And so I've been like forcing myself

NOTE Confidence: 0.771705068571429

00:49:54.600 --> 00:49:57.159 and trying to schedule just 15 minutes

NOTE Confidence: 0.771705068571429

00:49:57.160 --> 00:49:59.481 to just be with my food and not

NOTE Confidence: 0.771705068571429

00:49:59.481 --> 00:50:01.168 actually be looking at my phone and

NOTE Confidence: 0.771705068571429

00:50:01.168 --> 00:50:02.719 not actually be checking an e-mail.

NOTE Confidence: 0.771705068571429

00:50:02.720 --> 00:50:03.348 And honestly,

NOTE Confidence: 0.771705068571429

00:50:03.348 --> 00:50:04.918 it's like digestion feels better.

NOTE Confidence: 0.771705068571429

00:50:04.920 --> 00:50:06.516 You can chew more.

NOTE Confidence: 0.771705068571429

00:50:06.516 --> 00:50:08.511 And so applying these mindfulness

NOTE Confidence: 0.771705068571429

00:50:08.511 --> 00:50:10.418 principles to just little parts of

NOTE Confidence: 0.771705068571429

00:50:10.418 --> 00:50:12.840 your day can make a big difference.

NOTE Confidence: 0.771705068571429

00:50:12.840 --> 00:50:13.000 And

NOTE Confidence: 0.907048822142857

00:50:13.000 --> 00:50:14.932 it gets easier each time you engage

NOTE Confidence: 0.907048822142857

00:50:14.932 --> 00:50:16.717 in that behavior and invest in it,

NOTE Confidence: 0.907048822142857

00:50:16.720 --> 00:50:17.734 it becomes easier.

NOTE Confidence: 0.907048822142857  
00:50:17.734 --> 00:50:19.762 The barrier to entry starts to  
NOTE Confidence: 0.907048822142857  
00:50:19.762 --> 00:50:21.800 diminish and it becomes more natural.  
NOTE Confidence: 0.907048822142857  
00:50:21.800 --> 00:50:22.440 Take any skill. Thank  
NOTE Confidence: 0.5657318  
00:50:24.320 --> 00:50:26.960 you. So Mark, actually following  
NOTE Confidence: 0.5657318  
00:50:26.960 --> 00:50:28.560 on what you just said,  
NOTE Confidence: 0.926111751428571  
00:50:31.800 --> 00:50:33.319 maybe it's hard to pick one skill,  
NOTE Confidence: 0.926111751428571  
00:50:33.320 --> 00:50:35.239 but let me ask you, which of the  
NOTE Confidence: 0.926111751428571  
00:50:35.239 --> 00:50:37.570 ruler skills do you think it's most  
NOTE Confidence: 0.926111751428571  
00:50:37.648 --> 00:50:40.357 critical for people to try and develop?  
NOTE Confidence: 0.926111751428571  
00:50:40.360 --> 00:50:41.240 You know, I think they're,  
NOTE Confidence: 0.722520516666667  
00:50:41.280 --> 00:50:43.878 they're a cumulative set of skills,  
NOTE Confidence: 0.722520516666667  
00:50:43.880 --> 00:50:45.560 you know, so the, you know,  
NOTE Confidence: 0.722520516666667  
00:50:45.560 --> 00:50:47.044 emotional intelligence of theory  
NOTE Confidence: 0.722520516666667  
00:50:47.044 --> 00:50:49.800 builds the skills build on one another,  
NOTE Confidence: 0.722520516666667  
00:50:49.800 --> 00:50:50.517 meaning that you,  
NOTE Confidence: 0.722520516666667

00:50:50.517 --> 00:50:52.856 it's hard to know what to do with your  
NOTE Confidence: 0.722520516666667

00:50:52.856 --> 00:50:54.998 feelings until you know how you're feeling.  
NOTE Confidence: 0.722520516666667

00:50:55.000 --> 00:50:56.742 And so I put, if I, you know,  
NOTE Confidence: 0.722520516666667

00:50:56.742 --> 00:50:57.799 people ask me this all the time,  
NOTE Confidence: 0.722520516666667

00:50:57.800 --> 00:50:58.986 like if you were to put, you know,  
NOTE Confidence: 0.722520516666667

00:50:58.986 --> 00:51:00.530 invest you, if you were to do an  
NOTE Confidence: 0.722520516666667

00:51:00.578 --> 00:51:02.278 investment in emotional intelligence,  
NOTE Confidence: 0.722520516666667

00:51:02.280 --> 00:51:03.756 where would you put your money?  
NOTE Confidence: 0.722520516666667

00:51:03.760 --> 00:51:06.610 And I'd say it would all be in the regulation  
NOTE Confidence: 0.722520516666667

00:51:06.682 --> 00:51:08.760 piece because it's the hardest part.  
NOTE Confidence: 0.722520516666667

00:51:08.760 --> 00:51:09.480 You know,  
NOTE Confidence: 0.722520516666667

00:51:09.480 --> 00:51:12.000 it's the hardest part because you know,  
NOTE Confidence: 0.722520516666667

00:51:12.000 --> 00:51:15.000 as you think about it, you know,  
NOTE Confidence: 0.722520516666667

00:51:15.000 --> 00:51:17.200 when we get activated, when we're stressed,  
NOTE Confidence: 0.722520516666667

00:51:17.200 --> 00:51:18.040 when we're overwhelmed,  
NOTE Confidence: 0.722520516666667

00:51:18.040 --> 00:51:19.798 when we get angry, all right,

NOTE Confidence: 0.722520516666667  
00:51:19.800 --> 00:51:21.200 we go into that automatic,  
NOTE Confidence: 0.722520516666667  
00:51:21.200 --> 00:51:24.560 often times habitual way of,  
NOTE Confidence: 0.722520516666667  
00:51:24.560 --> 00:51:28.160 of reacting as opposed to being  
NOTE Confidence: 0.722520516666667  
00:51:28.160 --> 00:51:30.560 more mindful and responding.  
NOTE Confidence: 0.722520516666667  
00:51:30.560 --> 00:51:33.150 And that's a between trigger and response  
NOTE Confidence: 0.722520516666667  
00:51:33.150 --> 00:51:36.079 or stimulus and response is a lot of space.  
NOTE Confidence: 0.722520516666667  
00:51:36.080 --> 00:51:37.832 And the question is how do  
NOTE Confidence: 0.722520516666667  
00:51:37.832 --> 00:51:39.000 we fill that space?  
NOTE Confidence: 0.722520516666667  
00:51:39.000 --> 00:51:40.310 Going back to someone mentioned  
NOTE Confidence: 0.722520516666667  
00:51:40.310 --> 00:51:41.358 Viktor Frankel early on,  
NOTE Confidence: 0.722520516666667  
00:51:41.360 --> 00:51:42.780 that's where, you know,  
NOTE Confidence: 0.722520516666667  
00:51:42.780 --> 00:51:45.320 he's got a great quote around that.  
NOTE Confidence: 0.722520516666667  
00:51:45.320 --> 00:51:47.507 And I would say if I had to put  
NOTE Confidence: 0.722520516666667  
00:51:47.507 --> 00:51:49.824 my money into one strategy of  
NOTE Confidence: 0.722520516666667  
00:51:49.824 --> 00:51:51.200 all the regulation strategies,  
NOTE Confidence: 0.722520516666667

00:51:51.200 --> 00:51:55.239 it would be around our self talk.  
NOTE Confidence: 0.722520516666667

00:51:55.240 --> 00:51:57.931 I feel like we grew up in a society  
NOTE Confidence: 0.722520516666667

00:51:57.931 --> 00:52:00.212 where people were you, we all,  
NOTE Confidence: 0.722520516666667

00:52:00.212 --> 00:52:02.257 we're almost kind of gaslighted  
NOTE Confidence: 0.722520516666667

00:52:02.257 --> 00:52:03.988 throughout our development.  
NOTE Confidence: 0.722520516666667

00:52:03.988 --> 00:52:06.515 You're to this, you're to that,  
NOTE Confidence: 0.722520516666667

00:52:06.515 --> 00:52:08.680 whether it's about the color of your skin,  
NOTE Confidence: 0.722520516666667

00:52:08.680 --> 00:52:11.120 the size of your body, your nose,  
NOTE Confidence: 0.722520516666667

00:52:11.120 --> 00:52:12.720 your hair, whatever it is,  
NOTE Confidence: 0.722520516666667

00:52:12.720 --> 00:52:14.331 we're just there's.  
NOTE Confidence: 0.722520516666667

00:52:14.331 --> 00:52:17.553 The world in many instances tries  
NOTE Confidence: 0.722520516666667

00:52:17.553 --> 00:52:20.677 to define our reality for us.  
NOTE Confidence: 0.722520516666667

00:52:20.680 --> 00:52:23.081 And my hope is that people can  
NOTE Confidence: 0.722520516666667

00:52:23.081 --> 00:52:25.399 recognize that as early as possible  
NOTE Confidence: 0.722520516666667

00:52:25.400 --> 00:52:27.200 and make better choices about  
NOTE Confidence: 0.722520516666667

00:52:27.200 --> 00:52:29.000 how they speak to themselves.

NOTE Confidence: 0.551358466666667  
00:52:31.800 --> 00:52:32.199 Thank you, ma.  
NOTE Confidence: 0.862122881111111  
00:52:34.560 --> 00:52:36.490 I'm just looking for other  
NOTE Confidence: 0.862122881111111  
00:52:36.490 --> 00:52:38.034 questions from the audience  
NOTE Confidence: 0.901243698  
00:52:39.480 --> 00:52:40.400 while you're looking for that,  
NOTE Confidence: 0.901243698  
00:52:40.400 --> 00:52:42.560 Linda, if I could kind of jump in  
NOTE Confidence: 0.901243698  
00:52:42.560 --> 00:52:45.014 and bring it from the adults to the  
NOTE Confidence: 0.901243698  
00:52:45.014 --> 00:52:47.000 kids and thinking about regulation.  
NOTE Confidence: 0.901243698  
00:52:47.000 --> 00:52:49.525 Some work that we've been developing  
NOTE Confidence: 0.901243698  
00:52:49.525 --> 00:52:51.145 and engaging with nationally  
NOTE Confidence: 0.901243698  
00:52:51.145 --> 00:52:53.886 over the past couple of years has  
NOTE Confidence: 0.901243698  
00:52:53.886 --> 00:52:55.818 been really trying to help to  
NOTE Confidence: 0.901243698  
00:52:55.818 --> 00:52:57.880 support in school based systems.  
NOTE Confidence: 0.901243698  
00:52:57.880 --> 00:52:59.596 Shifting away from the idea that  
NOTE Confidence: 0.901243698  
00:52:59.596 --> 00:53:01.254 there's any one particular way to  
NOTE Confidence: 0.901243698  
00:53:01.254 --> 00:53:02.634 regulate and that we should or,  
NOTE Confidence: 0.901243698

00:53:02.640 --> 00:53:04.912 and or that it's better for kids to  
NOTE Confidence: 0.901243698

00:53:04.912 --> 00:53:07.328 have lots of different strategies and  
NOTE Confidence: 0.901243698

00:53:07.328 --> 00:53:09.296 move that attention in the direction  
NOTE Confidence: 0.901243698

00:53:09.296 --> 00:53:11.683 of what are the most helpful ways  
NOTE Confidence: 0.901243698

00:53:11.683 --> 00:53:14.084 in which anyone child can learn to  
NOTE Confidence: 0.901243698

00:53:14.084 --> 00:53:16.380 regulate for them and how to use  
NOTE Confidence: 0.901243698

00:53:16.380 --> 00:53:18.132 that information to kind of Dr.  
NOTE Confidence: 0.901243698

00:53:18.132 --> 00:53:18.678 paths forward.  
NOTE Confidence: 0.901243698

00:53:18.680 --> 00:53:20.624 And so we have a free school based  
NOTE Confidence: 0.901243698

00:53:20.624 --> 00:53:22.691 tool that we've developed called the  
NOTE Confidence: 0.901243698

00:53:22.691 --> 00:53:24.596 student emotion regulation assessment as  
NOTE Confidence: 0.901243698

00:53:24.596 --> 00:53:27.080 a primary and secondary school version.  
NOTE Confidence: 0.901243698

00:53:27.080 --> 00:53:28.104 And in this tool,  
NOTE Confidence: 0.901243698

00:53:28.104 --> 00:53:30.057 youth go through a series of kind  
NOTE Confidence: 0.901243698

00:53:30.057 --> 00:53:31.862 of common affective experiences or  
NOTE Confidence: 0.901243698

00:53:31.862 --> 00:53:33.760 experiences of emotion at school,

NOTE Confidence: 0.901243698

00:53:33.760 --> 00:53:35.035 like, you know,

NOTE Confidence: 0.901243698

00:53:35.035 --> 00:53:37.160 anger and frustration and disappointment.

NOTE Confidence: 0.901243698

00:53:37.160 --> 00:53:37.892 And they,

NOTE Confidence: 0.901243698

00:53:37.892 --> 00:53:40.088 it builds towards a profile of

NOTE Confidence: 0.901243698

00:53:40.088 --> 00:53:42.429 regulation of how kids are choosing

NOTE Confidence: 0.901243698

00:53:42.429 --> 00:53:43.197 to regulate.

NOTE Confidence: 0.901243698

00:53:43.200 --> 00:53:44.718 And that profile goes right back

NOTE Confidence: 0.901243698

00:53:44.718 --> 00:53:46.600 to the kids so that they have,

NOTE Confidence: 0.901243698

00:53:46.600 --> 00:53:48.316 can be an agent of change.

NOTE Confidence: 0.901243698

00:53:48.320 --> 00:53:49.676 And like, you know, I really,

NOTE Confidence: 0.901243698

00:53:49.680 --> 00:53:50.076 I, I,

NOTE Confidence: 0.901243698

00:53:50.076 --> 00:53:51.977 I use peer support a lot and I use

NOTE Confidence: 0.901243698

00:53:51.977 --> 00:53:54.073 social support and the ways in which I,

NOTE Confidence: 0.901243698

00:53:54.080 --> 00:53:55.664 here's ways that I can speak to my

NOTE Confidence: 0.901243698

00:53:55.664 --> 00:53:56.969 friends and speak to my teachers

NOTE Confidence: 0.901243698

00:53:56.969 --> 00:53:58.440 and speak to my parents about it.  
NOTE Confidence: 0.901243698

00:53:58.440 --> 00:53:58.988 And similarly,  
NOTE Confidence: 0.901243698

00:53:58.988 --> 00:54:00.632 the adults in that child's life  
NOTE Confidence: 0.901243698

00:54:00.632 --> 00:54:02.708 get a report that shows them how  
NOTE Confidence: 0.901243698

00:54:02.708 --> 00:54:04.570 children are choosing and who they're  
NOTE Confidence: 0.901243698

00:54:04.570 --> 00:54:06.235 choosing to regulate to again,  
NOTE Confidence: 0.901243698

00:54:06.240 --> 00:54:08.284 help them to grow in that helpful  
NOTE Confidence: 0.901243698

00:54:08.284 --> 00:54:09.160 and productive space.  
NOTE Confidence: 0.901243698

00:54:09.160 --> 00:54:11.248 And I'll drop my e-mail in the chat  
NOTE Confidence: 0.901243698

00:54:11.248 --> 00:54:13.385 and I'm happy to provide information  
NOTE Confidence: 0.901243698

00:54:13.385 --> 00:54:15.713 on that to anyone who's interested.  
NOTE Confidence: 0.901243698

00:54:15.720 --> 00:54:15.920 Thank  
NOTE Confidence: 0.722842846923077

00:54:15.920 --> 00:54:17.966 you. There's one other question that's  
NOTE Confidence: 0.722842846923077

00:54:17.966 --> 00:54:20.318 come in the question and answer that.  
NOTE Confidence: 0.722842846923077

00:54:20.320 --> 00:54:23.000 Let me just put to the the three of you  
NOTE Confidence: 0.722842846923077

00:54:23.000 --> 00:54:25.694 the concept of intersectionality and very

NOTE Confidence: 0.722842846923077  
00:54:25.694 --> 00:54:28.880 curious about how we're working on culture,  
NOTE Confidence: 0.722842846923077  
00:54:28.880 --> 00:54:31.547 ethnicity and race and how that plays  
NOTE Confidence: 0.722842846923077  
00:54:31.547 --> 00:54:34.956 a role in the mental health of teens.  
NOTE Confidence: 0.722842846923077  
00:54:34.960 --> 00:54:36.877 What are we doing here at the in the  
NOTE Confidence: 0.722842846923077  
00:54:36.877 --> 00:54:38.086 Center for Emotional Intelligence  
NOTE Confidence: 0.722842846923077  
00:54:38.086 --> 00:54:40.277 and I would assume also more broadly  
NOTE Confidence: 0.722842846923077  
00:54:40.328 --> 00:54:41.718 in the Child Studies Center,  
NOTE Confidence: 0.722842846923077  
00:54:41.720 --> 00:54:45.600 but any one of you want to take up the  
NOTE Confidence: 0.722842846923077  
00:54:45.600 --> 00:54:49.160 emotional intelligence aspects of that?  
NOTE Confidence: 0.722842846923077  
00:54:49.160 --> 00:54:49.360 I think  
NOTE Confidence: 0.901704213333333  
00:54:49.360 --> 00:54:51.702 we can all speak to that because  
NOTE Confidence: 0.901704213333333  
00:54:51.702 --> 00:54:54.234 I think we all have different  
NOTE Confidence: 0.901704213333333  
00:54:54.234 --> 00:54:57.360 identities here on this call.  
NOTE Confidence: 0.901704213333333  
00:54:57.360 --> 00:55:01.280 I'm, I'm reminded of in this  
NOTE Confidence: 0.901704213333333  
00:55:01.280 --> 00:55:02.480 webcast that I've created  
NOTE Confidence: 0.901704213333333

00:55:02.480 --> 00:55:03.680 called Dealing with Feelings,  
NOTE Confidence: 0.901704213333333

00:55:03.680 --> 00:55:06.360 I interviewed this woman who I just love.  
NOTE Confidence: 0.901704213333333

00:55:06.360 --> 00:55:08.558 Her name is Doctor Alfie Berlin Noble,  
NOTE Confidence: 0.901704213333333

00:55:08.560 --> 00:55:10.424 who has done that, one of the largest  
NOTE Confidence: 0.901704213333333

00:55:10.424 --> 00:55:11.918 studies on black mental health,  
NOTE Confidence: 0.901704213333333

00:55:11.920 --> 00:55:13.264 black youth mental health.  
NOTE Confidence: 0.901704213333333

00:55:13.264 --> 00:55:15.280 And when I was interviewing her,  
NOTE Confidence: 0.901704213333333

00:55:15.280 --> 00:55:16.918 she was telling me a story about,  
NOTE Confidence: 0.901704213333333

00:55:16.920 --> 00:55:20.714 you know, a gay black high school  
NOTE Confidence: 0.901704213333333

00:55:20.720 --> 00:55:24.160 boy who identifies as trans  
NOTE Confidence: 0.74424751

00:55:26.200 --> 00:55:29.640 going to a barbershop in Baltimore.  
NOTE Confidence: 0.74424751

00:55:29.640 --> 00:55:31.856 And how, how, you know,  
NOTE Confidence: 0.74424751

00:55:31.856 --> 00:55:33.464 do we understand what his experience  
NOTE Confidence: 0.74424751

00:55:33.464 --> 00:55:35.212 is in terms of the code switching  
NOTE Confidence: 0.74424751

00:55:35.212 --> 00:55:37.307 that he has to do in terms of his  
NOTE Confidence: 0.74424751

00:55:37.307 --> 00:55:39.112 feeling like he's part of a community?

NOTE Confidence: 0.74424751

00:55:39.112 --> 00:55:41.782 And so, you know, this intersectional

NOTE Confidence: 0.74424751

00:55:41.782 --> 00:55:44.128 identity that Chris has actually done

NOTE Confidence: 0.74424751

00:55:44.128 --> 00:55:47.016 quite a lot of research on, you know,

NOTE Confidence: 0.74424751

00:55:47.016 --> 00:55:49.824 we're talking about being a man

NOTE Confidence: 0.74424751

00:55:49.824 --> 00:55:52.560 of color and identifying as trans,

NOTE Confidence: 0.74424751

00:55:52.560 --> 00:55:54.760 as two identities coming together,

NOTE Confidence: 0.74424751

00:55:54.760 --> 00:55:56.158 that that combination

NOTE Confidence: 0.973413399473684

00:55:58.800 --> 00:56:00.319 can make things more or less difficult

NOTE Confidence: 0.973413399473684

00:56:00.319 --> 00:56:02.038 for you based on where you're living

NOTE Confidence: 0.973413399473684

00:56:02.038 --> 00:56:03.313 and who you're interacting with.

NOTE Confidence: 0.947822981666667

00:56:07.440 --> 00:56:09.200 Without overly simplifying it,

NOTE Confidence: 0.947822981666667

00:56:09.200 --> 00:56:12.210 You know, my prayer for the world

NOTE Confidence: 0.947822981666667

00:56:12.210 --> 00:56:15.515 that we live in is that we just

NOTE Confidence: 0.947822981666667

00:56:15.515 --> 00:56:18.000 allow people to be who they are.

NOTE Confidence: 0.947822981666667

00:56:18.000 --> 00:56:19.595 Ultimately, that's I think the

NOTE Confidence: 0.947822981666667

00:56:19.595 --> 00:56:21.964 goal of this work is to support  
NOTE Confidence: 0.947822981666667

00:56:21.964 --> 00:56:25.760 people in if we're less judgmental  
NOTE Confidence: 0.947822981666667

00:56:25.760 --> 00:56:28.234 about people's identities and allow  
NOTE Confidence: 0.947822981666667

00:56:28.234 --> 00:56:32.038 people to be their true selves,  
NOTE Confidence: 0.947822981666667

00:56:32.040 --> 00:56:34.182 I think it would be less difficult  
NOTE Confidence: 0.947822981666667

00:56:34.182 --> 00:56:35.559 for people who are struggling.  
NOTE Confidence: 0.801733963333333

00:56:36.080 --> 00:56:38.465 If I, if I may just kind of build  
NOTE Confidence: 0.801733963333333

00:56:38.465 --> 00:56:40.690 out a bit from that and kind of part  
NOTE Confidence: 0.801733963333333

00:56:40.690 --> 00:56:42.517 of the theme that Mark brought up,  
NOTE Confidence: 0.801733963333333

00:56:42.520 --> 00:56:44.518 I want to acknowledge that, you know,  
NOTE Confidence: 0.801733963333333

00:56:44.518 --> 00:56:46.590 we know that the mental health crisis in  
NOTE Confidence: 0.801733963333333

00:56:46.648 --> 00:56:48.874 the United States right now is inequitable.  
NOTE Confidence: 0.801733963333333

00:56:48.880 --> 00:56:50.554 And I just like pulled up some quick stats.  
NOTE Confidence: 0.801733963333333

00:56:50.560 --> 00:56:51.680 I'll drop the link in the chat.  
NOTE Confidence: 0.801733963333333

00:56:51.680 --> 00:56:54.344 But it's when we look at how youth are  
NOTE Confidence: 0.801733963333333

00:56:54.344 --> 00:56:56.519 feeling and sad at rates of sadness,

NOTE Confidence: 0.801733963333333

00:56:56.520 --> 00:56:57.924 sadness and hopelessness,

NOTE Confidence: 0.801733963333333

00:56:57.924 --> 00:56:59.796 50% of multiracial youth,

NOTE Confidence: 0.801733963333333

00:56:59.800 --> 00:57:01.940 nearly 60% of female youth

NOTE Confidence: 0.801733963333333

00:57:01.940 --> 00:57:05.260 and nearly 70% of LGBTQ youth.

NOTE Confidence: 0.801733963333333

00:57:05.260 --> 00:57:07.720 So really staggering increases.

NOTE Confidence: 0.801733963333333

00:57:07.720 --> 00:57:10.120 And we think about identity and

NOTE Confidence: 0.801733963333333

00:57:10.120 --> 00:57:11.720 intersectionality and the experiences

NOTE Confidence: 0.801733963333333

00:57:11.779 --> 00:57:13.585 of those who are doubly marginalized

NOTE Confidence: 0.801733963333333

00:57:13.585 --> 00:57:15.999 in a system and not having their

NOTE Confidence: 0.801733963333333

00:57:15.999 --> 00:57:17.909 experiences of emotion and their

NOTE Confidence: 0.801733963333333

00:57:17.909 --> 00:57:19.466 opportunities to feel safe and

NOTE Confidence: 0.801733963333333

00:57:19.466 --> 00:57:21.038 validated in the space that is

NOTE Confidence: 0.801733963333333

00:57:21.038 --> 00:57:23.037 in and of itself the risk factor.

NOTE Confidence: 0.801733963333333

00:57:23.040 --> 00:57:25.299 So if I could pull us out of the

NOTE Confidence: 0.801733963333333

00:57:25.299 --> 00:57:27.320 idea that we need to move from

NOTE Confidence: 0.801733963333333

00:57:27.320 --> 00:57:28.916 to just make this very clear,  
NOTE Confidence: 0.8017339633333333

00:57:28.920 --> 00:57:31.290 it is not the identity itself  
NOTE Confidence: 0.8017339633333333

00:57:31.290 --> 00:57:32.786 that's an adversity, right?  
NOTE Confidence: 0.8017339633333333

00:57:32.786 --> 00:57:34.316 Identity itself is not adversity.  
NOTE Confidence: 0.8017339633333333

00:57:34.320 --> 00:57:37.435 It is identity is adverse in context.  
NOTE Confidence: 0.8017339633333333

00:57:37.440 --> 00:57:39.799 So we have to shift our discussion  
NOTE Confidence: 0.8017339633333333

00:57:39.799 --> 00:57:42.003 from thinking about race to systems  
NOTE Confidence: 0.8017339633333333

00:57:42.003 --> 00:57:43.878 that are promoting racism or  
NOTE Confidence: 0.8017339633333333

00:57:43.878 --> 00:57:45.866 structures that are racist right  
NOTE Confidence: 0.8017339633333333

00:57:45.866 --> 00:57:47.434 and practices there within.  
NOTE Confidence: 0.8017339633333333

00:57:47.440 --> 00:57:49.840 So we have to move from the deficit  
NOTE Confidence: 0.8017339633333333

00:57:49.840 --> 00:57:52.354 frame of it being that youth or  
NOTE Confidence: 0.8017339633333333

00:57:52.354 --> 00:57:54.194 that experience of identity and  
NOTE Confidence: 0.8017339633333333

00:57:54.271 --> 00:57:56.479 rather the identity in context of  
NOTE Confidence: 0.8017339633333333

00:57:56.479 --> 00:57:58.512 in community that we can engage in.  
NOTE Confidence: 0.8017339633333333

00:57:58.512 --> 00:57:59.800 And the work that I dropped the

NOTE Confidence: 0.801733963333333  
00:57:59.840 --> 00:58:00.760 link in the chat there.  
NOTE Confidence: 0.801733963333333  
00:58:00.760 --> 00:58:02.762 And our team has been doing work  
NOTE Confidence: 0.801733963333333  
00:58:02.762 --> 00:58:05.106 on this for over a decade and  
NOTE Confidence: 0.801733963333333  
00:58:05.106 --> 00:58:06.876 the experiences of centering on  
NOTE Confidence: 0.801733963333333  
00:58:06.880 --> 00:58:08.672 experiences of disability, race,  
NOTE Confidence: 0.801733963333333  
00:58:08.672 --> 00:58:09.474 class, gender,  
NOTE Confidence: 0.801733963333333  
00:58:09.474 --> 00:58:09.828 sexuality,  
NOTE Confidence: 0.801733963333333  
00:58:09.828 --> 00:58:11.952 and all of the intersections there  
NOTE Confidence: 0.801733963333333  
00:58:11.952 --> 00:58:14.037 within within the emotion science base,  
NOTE Confidence: 0.801733963333333  
00:58:14.040 --> 00:58:15.816 particularly on school based  
NOTE Confidence: 0.801733963333333  
00:58:15.816 --> 00:58:17.592 supports and opportunities to  
NOTE Confidence: 0.801733963333333  
00:58:17.592 --> 00:58:20.080 grow and evolve those practices.  
NOTE Confidence: 0.801733963333333  
00:58:20.080 --> 00:58:20.240 Thank  
NOTE Confidence: 0.960287007  
00:58:20.240 --> 00:58:21.200 you so much, Chris,  
NOTE Confidence: 0.960287007  
00:58:21.200 --> 00:58:22.640 and thanks so much to everyone.  
NOTE Confidence: 0.960287007

00:58:22.640 --> 00:58:25.572 I feel like we could go on for a while,

NOTE Confidence: 0.960287007

00:58:25.572 --> 00:58:27.920 but we are we are at time.

NOTE Confidence: 0.960287007

00:58:27.920 --> 00:58:29.740 And I'm really grateful to

NOTE Confidence: 0.960287007

00:58:29.740 --> 00:58:31.560 everyone for joining this webinar

NOTE Confidence: 0.960287007

00:58:31.560 --> 00:58:34.717 and hope to see you back again.

NOTE Confidence: 0.960287007

00:58:34.720 --> 00:58:36.070 If you're interested in the Child

NOTE Confidence: 0.960287007

00:58:36.070 --> 00:58:37.616 Study Center, send us an e-mail.

NOTE Confidence: 0.960287007

00:58:37.616 --> 00:58:38.438 Thanks so much.