

SoCaLS Community Newsletter



"One of the biggest barriers to a Kinder world is the way we speak about kindness. When we make something sound easy, we don't allocate the necessary resources, energy, or time to actually improve at it." Houston Kraft

November

In his book [Deep Kindness](#), Houston Kraft suggests that kindness is not "normal or easy." It takes courage to reach out to those you don't know. It takes sacrifices of time and effort. It takes resilience, because sometimes your kindness may result in rejection or even embarrassment. It also takes many social-emotional learning skills, including empathy and perspective taking. Deep kindness extends beyond random acts or polite behavior. It "*requires careful self-reflection, profound courage, a willingness to be humbled, and hard-earned social and emotional skills*"(p.12).

There are cultural factors working against our efforts to cultivate kindness. Anxiety, a physiological experience that compels us toward self-preservation, reduces our ability to see beyond ourselves to the needs of others. The overwhelming distraction of social media also affects our relationships and our attention to the needs of others. Coping skills therefore a directly related to the expression of kindness towards others.

Supporting the development of deep kindness in our kids will take a collective effort and awareness of how we are modeling and teaching the skills we hope to see in our young people and in our world!

- Fern Seiden, Director of Student Wellness

Upcoming Events and Resources

[A Film Festival](#) featuring films that help us understand more about the effect of traumatic experiences and the power of resilience.

[For Educators: Managing Anxiety in School – free workshop](#)

[Check out Lynn Lyons Facebook Page for great resources!](#)

[Parenting a Second Time Around \(PASTA\)](#)
– Check out the Kinship Navigator for Kinship and relative caregivers.

Did You Know...

- **In January, NH will have a statewide centralized mental health crisis call system and the ability to deploy mobile mental health crisis teams to all regions of the state**
- **In July, the National Suicide Hotline will be changed to 988. This will enable people to reach a crisis counselor with an easy to remember number**
- **To connect with non-crisis resources and support in NH, call NAMI at 800-242-6264 or dial 211**

For 24/7 crisis support, visit: <https://www.namih.org/resources-2/crisis-lines/>, call the National Suicide Prevention Lifeline – answered locally by Headrest in Lebanon, NH at 1-800-273-8255, or text NAMI to 741741.