

Mindful Memo

Week 20– January 10th - RCMA Wimauma Community Academy

Mindful Management of Emotional Labor

“Emotional labor” is the process of controlling our own feelings and emotions in order to provide support to others. We've all had someone dump their frustrations and emotions on us when we don't really have the emotional capacity to handle it...and we are also all guilty of being the dumper by not taking into consideration if others can handle the weight of our struggles. As we continue to live in stressful times, this week's challenge is to manage our own emotional labor, and be mindful of what we place on those around us.

Keep Self-Care a Priority: Self-care is at the root of mental and physical well-being. Take small breaks throughout the day to restore yourself.

Walk in their shoes or seek “emotional consent”: We never know what's going on emotionally beneath the surface. It's okay to ask someone if they have the space for you to vent to them. If you're not comfortable asking directly, then put yourself in their shoes/job. Some positions naturally have to carry a higher emotional load (i.e. our leadership and mental health professionals).

Regain your control: It's easier to regulate emotions when we feel in control. This can be accomplished through setting emotional boundaries, and digging to the root of stress.

Seek Help or Outside Outlets: it's okay to seek advice or vent to someone outside our friends, family, and coworkers. If that's not an option, find a hobby or exercise to manage stress and regulate emotions.

Teachers need to be comfortable talking about feelings. This is part of teaching emotional literacy - a set of skills we can all develop, including the ability to read, understand, and respond appropriately to one's own emotions and the emotions of others.

Daniel Goleman

Emotional labor,
as I define it,
is emotion management and
life management combined.
It is the unpaid, invisible work
we do to keep
those around us
comfortable and happy.

- Gemma Hartley, Fed Up -