

Pre – Employment Transition Services Newsletter

April
2020

“It is the mind that translates good and bad circumstances into happiness or misery. So happiness comes with the purging of mental toxins, such as hatred, compulsive desire, arrogance and jealousy, which literally poison the mind. It also requires that one cease to distort reality and that one cultivate wisdom.”

~ Matthieu Ricard

HAPPY SPRING!

In this month's newsletter, we will be discussing emotional literacy, Self-Care, and Summer Internships!

As we sit at home, doing homework, completing exams via Zoom, working from home, spending more time at home with our loved ones (not by choice), or even self-isolating in your own home, our mind can wander to some interesting places. What are the thoughts you are currently having? Are you able to appropriately identify the emotions you have? Before we can successfully move into mindfulness and meditation, we must learn how to appropriately identify emotions. This ability is called Emotional Literacy! We are going to share with you a “Feelings” Chart so that you can use this at home during this uncertain time and continue to use this as we move back to our typical routines. Properly identifying emotions you are feeling and resetting is critical for the World of Work. We often find it easy to blur the lines of personal life and work life and can move to unprofessional behaviors through this.

Use the Feelings Chart Below to identify the emotions you are feeling. If there are words you do not understand, please search for definitions! This time is a great opportunity to work on ourselves!

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Today I am Feeling: (identify emotions from the chart below; if you are having trouble viewing the picture, please ask a family member to assist you) _____

List of Feelings

						
	Happy	Sad	Angry	Other feelings		
	Calm	Ashamed	Annoyed	Afraid		
	Cheerful	Awful	Bugged	Anxious		
	Confident	Disappointed	Destructive	Bored		
	Content	Discouraged	Disgusted	Confused		
	Delighted	Gloomy	Frustrated	Curious		
	Excited	Hurt	Fuming	Embarrassed		
	Glad	Lonely	Furious	Jealous		
	Loved	Miserable	Grumpy	Moody		
	Proud	Sorry	Irritated	Responsible		
	Relaxed	Unhappy	Mad	Scared		
	Satisfied	Unloved	Mean	Shy		
	Silly	Withdrawn	Violent	Uncomfortable		
	Terrific			Worried		
	Thankful					
	Tickled					

www.RewardCharts4Kids.com

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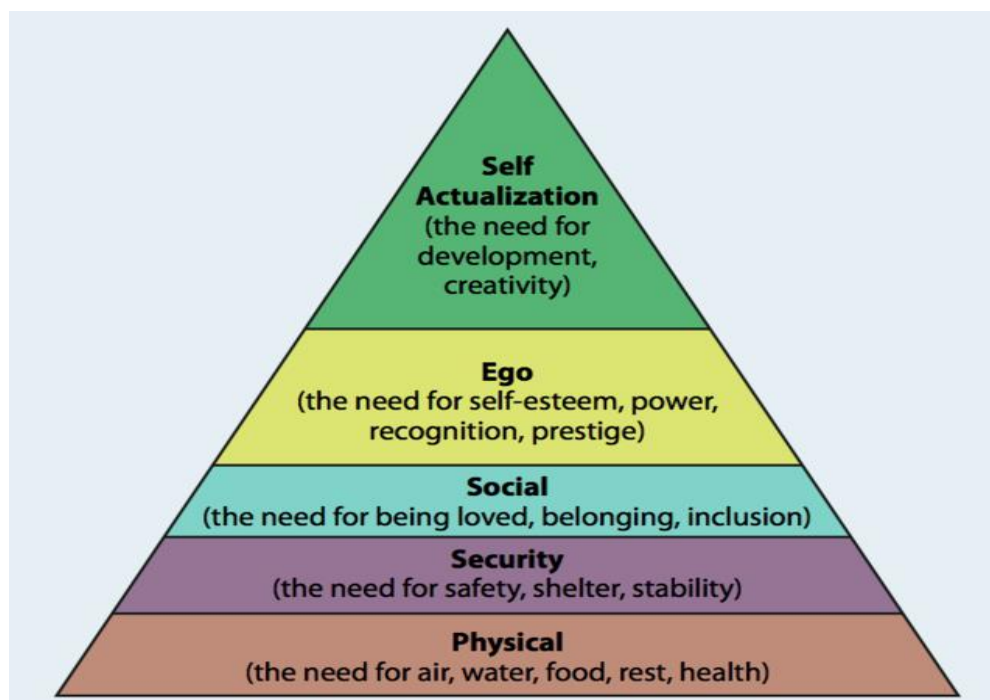
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It is also important to acknowledge that when stressful situations occur, we as humans have a hard time focusing on tasks at hand because we are concerned about other things such as shelter, food, general safety. If you want to learn more about this topic check it out at: <https://www.simplypsychology.org/maslow.html>

Maslow's Hierarchy of Needs



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How can we process our emotions?

Often acknowledging our emotions will help with this! Another way to work through our emotions and “reset” is through meditation! According to Healthline, “Meditation is a habitual process of training your mind to focus and redirect your thoughts. You can use it to increase your awareness of yourself and your surroundings. Many people think of it as a way to reduce stress and develop concentration.” Check out <https://www.blindalive.com/> to listen to a guided meditation that is accessible to those with low vision/blindness.

Exercise is also a great resource to help regulate and process emotion!! This is something we both (Janel and Brittany) use! Some people like to start the day off with exercise and others like to end their day with this; like meditation practices! <https://www.blindalive.com/> also has guided workouts that are accessible to people with low vision or blindness! The downloads are free!

Staying active will be critical during this time! We encourage everyone to keep their minds active and growing always, but especially as we are forced to stay home! Keeping routines will help us get back to the swing of things when schools and jobs open back up!

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Summer Activities!

Work Experiences and Internships!!!

Pre-ETS Summer Mini Sessions will be held on June 22-25 in the U building of Cape Fear Community College! We will continue to monitor the current situation but will plan to hold the event! For those who will need transportation to and from, please let me know so that I can send the information to the Taxi Company! More information to come!

RSVP to Brittany.b.greer@dhhs.nc.gov or Janel.shaver@dhhs.nc.gov

Deadline to RSVP is May 31 (especially if you require Transportation)!

Work Experiences and Internships

Summer is a great time to gain skills and experience that will help you gain employment in the career you decide on! If internships are not available in your field of choice other jobs of interest may give you great transferrable skills to fill your resume and carry you through your career journey! According to indeed, “Transferrable skills are skills you can carry from one job to another.” What skills do you think would be considered transferrable? Talk with your family about this and come up with a few skills!!

Email Brittany.b.greer@dhhs.nc.gov or janel.shaver@dhhs.nc.gov if you are interested in pursuing summer jobs or internships (for those who have not already done so)!

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