

# ***Monday Morning Thoughts***

**April 28 ~ May 9, 2025**

***“Other things may change us, but we start and end with family.”***

Greetings ~~

To all of you heading down the home stretch of this school year—you *made it*. And not just barely—you showed up, day after day, even when it was hard, even when you were running on fumes.

That kind of consistency? It’s powerful.

It speaks to your commitment, your heart, and your purpose. What is your **“why”**? This is certainly hard work and **you show up!** So before you worry about what’s next, take a moment to breathe and *honor the fact that you’ve been showing up*. You matter!

You have stuck with me through this fascinating read of Permission to Feel. Let’s wrap it up with the final chapter about emotions at work. Hmmmm.....we all know that emotions at home and at work can alter a moment in time. Hopefully you have a clearer understanding of how emotions play out at work and how we can thoughtfully manage them.

We know that the workplace can be an emotionally challenging place due in part to the long hours spent with peers who may or may not share our values or habits. Having emotional awareness is key to managing this.

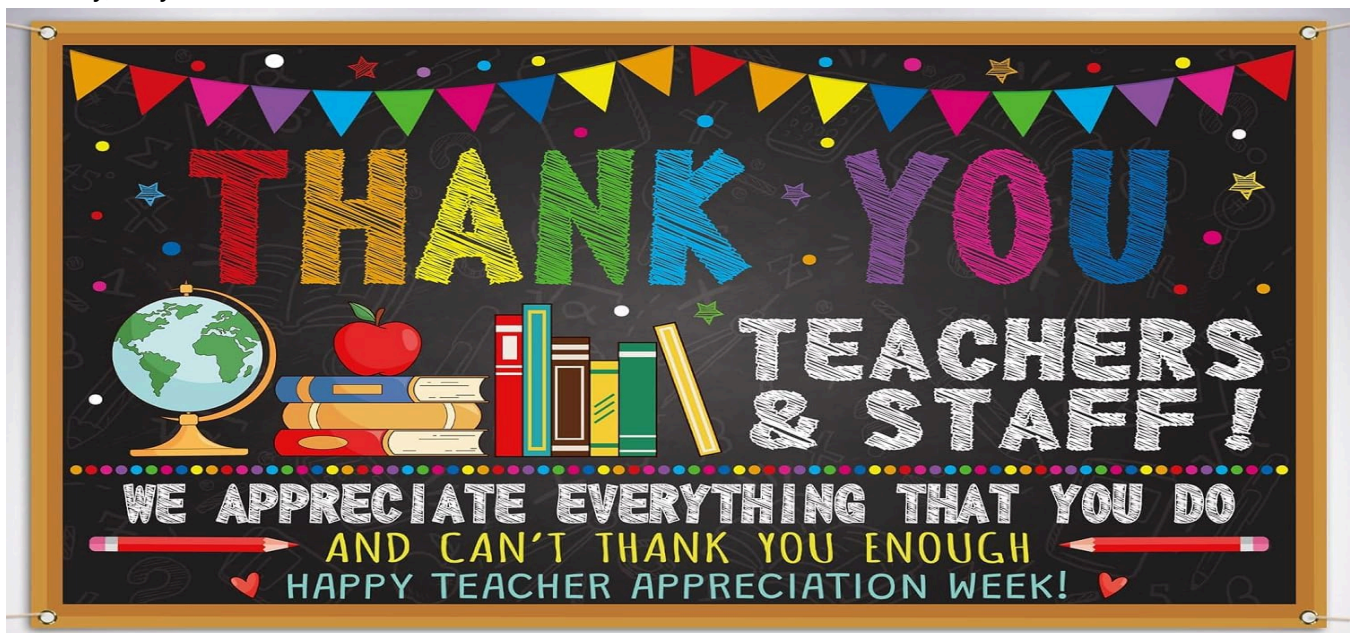
As an individual it is critical that we recognize and understand emotions - both our own and others. Taking time to reflect on what is emotionally happening and what is influencing them is valuable. This chapter talks about how leaders can set the tone and cultivate an emotionally intelligent workplace. I would challenge us all to be that “leader”. You CAN set the tone, you CAN influence positivity, you CAN be the change that just might be needed. Start with yourself, your family, your classroom.

We all know how quickly viruses can spread; it’s the same with emotions. Emotions are contagious just like a virus. A positive mood can lead to a feeling of energy and “fun”. Adversely, a negative mood can foster a feeling of dread and potential conflict. It’s kind of like just wanting to “put your head in the sand and just survive through the day”. Ever had one of those days? Ever had one of those days and a coworker says something nice, walks in with a smile, brings coffee! Small gestures like that can completely change not only one person but an entire building. Random acts of kindness, even small ones, ripple outward, creating positive change. We are all familiar with the saying “it’s better to give than to receive”. What might surprise you is that this is backed up by research. I have written it before and this chapter “kinda” solidified it for me. By holding onto a positive mindset and creating a culture of care and compassion we reduce stress, improve our emotional well-being and may even live longer. It is a mindset; we ALL have bad days. Days when the world just seems to be tilted on the negative axis.

However, if you hold onto a positive mindset and recognize the emotions that are charging the negative moment (and we ALL have them), you have the power to adapt and adjust. You are being emotionally intelligent. With everything that's going on in the world, now is the time to help make a kinder workplace and that will improve not only ourselves but all those around us. Let's all commit to becoming better at understanding, recognizing and cultivating a culture of positivity through emotional intelligence.

## PLANNING AHEAD

- Monday, April 28
  - ESD/ODE EII Zoom meeting 1:00 p.m.
  - Student Team planning meeting 3:45 P.M.
- Tuesday, April 29
  - Shannon at Pine Creek AM
  - American Red Cross blood drive - community center
  - Eastern OSU Outdoor Ed zoom meeting 3:30 p.m.
- Wednesday, April 30
  - Shannon at Silvies - Redmond
- Thursday, May 1
  - Shannon at Silvies Bend
  - Crane PlayDay
  - Suntex School Board meeting 6:00 p.m.
- Friday, May 2
- Monday, May 5 -



- ODE Literacy Team visiting Diamond, Frenchglen and Fields with dinner at the Pine Room
- Lions Club meeting at Bella Java 12:00 p.m.
- Lyn Seres monthly zoom meeting 4:00 p.m.
- Tuesday, May 6

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- ODE literacy team visiting Double O and Suntex
  - Wednesday, May 7
    - ODE/EII Summit at SunRiver 9:00 - 3:00 p.m.
  - Thursday, May 8
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  - Friday, May 9
    - Frontier ESD zoom meeting 7:00 a.m.
    - Lyn Seres Behavior Management training at ESD 9:00 - 4:00
  - Saturday, May 10
    - Harney District Hospital CAN Cancer Walk at Hines Park 8:30 a.m.
  - Sunday, May 11



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*~~ YOU MAKE A DIFFERENCE ~~*