

Wellness Wednesday

Memo 6

February 12, 2020

In last week's Memo we began looking at how to share the concepts of self-compassion with our students starting with self-kindness. Today we're going to look at ways to help students understand and connect with the idea of common humanity.

Common Humanity means we recognize that everyone shares similar life experiences and emotional responses to the world around us. It helps us reflect on our human experience rather than believing our experience exists in isolation.

Here's our expert. Kristin Neff talking about common humanity:

<https://youtu.be/yJPcZ1CEI30>

In the classroom

Helping students understand that other people face similar challenges, share similar goals and experience similar emotional responses helps them to feel less isolated and more connected. You can see how developing this skill can lead to greater empathy, reduced incidents of bullying, and a more positive self-image. Middle School is a great environment to teach this concept and you're probably already doing it. You teach common humanity in class discussions by encouraging students to think about how others feel, think or see the world; when you talk about common experiences and how we can learn from each other; and when you encourage students to find similarities when talking about other cultures, time periods, etc.

One unique challenge to experiencing common humanity that this generation faces is social media. Let's call it the "Instagram effect". The pressures to post and stay relevant, the unrealistic expectations set by seeing only the filtered life of others, the cyberbullying, it all leads to a sense of isolation that feels like the polar opposite of "Common Humanity". Yet, it is a common experience to most students and, if we're honest, to many of us as well.

I love this young man's suggestions for turning social media into a much more positive outlet

<https://youtu.be/eu9kWTEQVS0>



Finding Your Inner Selfie | New Age Creators

Our phones unlock infinite amounts of information. We literally have the world at our fingertips. But how do we use this technology to do something awesome.....

youtu.be

This TED Talk is another good resource to share with students. She ends her talk with this statement "May your life be as awesome as you pretend it is on Facebook". I love that.

<https://youtu.be/HJQGHIBqBcA>

Encourage students to limit social media time and to get involved in more social activities, personal interests, etc.

Talk about reasonable expectations on social media, and setting responsible time limits for being on their phones.

We can turn the "Instagram effect" into a teachable moment and help students to realize they are not alone and isolated as they navigate social media and real life.

In the spirit of common humanity, I leave you with a beautiful rendition of Don't Worry Be Happy sung by people all over the world:

<https://youtu.be/uWXUWepSak4>



Don't Worry Be Happy | Playing For Change | Song Around The World

We kindly invite you to support our work and get access to more videos and free downloads:

<http://bit.ly/JoinAndSupportPFC> We are proud to share this Song Ar...

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Have a great Wednesday!