

# Episode 104

[00:00:00] Hi everyone. And welcome to the bright morning podcast. I'm Elena Aguilar. Happy new year, everyone happy. 2022. So this month, January, I am going to be offering you some episodes to help you get set up to have a fantastic year. And this week, this first week back to school after break, we're going to be focusing on the feelings that come up when you return to work after a.

[00:00:45] And today I am going to offer you some reflection questions and tell you about an invaluable resource that will help you better understand yourself and that you can also share with the folks you coach. So. Double purpose here in this episode, resources for yourself and resources to use in coaching.

[00:01:11] But let me remind you a transformational coach starts with themselves. So it's a new year. Maybe you've set some goals or an intentions, and there's an opportunity now to give yourself the time and the attention that you give your clients. All right. Let's jump in to this first set of content around your emotions.

[00:01:40] So I want to start off with a little story exactly. 20 years ago in the 2001. 2002 school year. I was a sixth grade teacher. I was a founding teacher that year of a new. The school was called ascend. It was a school in the Oakland public schools where I had worked already for some years.

[00:02:08] And it was an incredible experience to be part of opening a school. It was just one of the absolute highlights of my professional life and it was exhausting. Absolutely exhausting. And when winter break started in that December, 2001, I got really sick.

[00:02:35] I probably had the flu and I maybe 10 days in bed. And then I had a few days before I went back to work and let me reiterate, I love. This school. I loved my students. I loved the work and I was exhausted. So I went back January, 2002,

[00:03:01] and I remember the first day I was excited to be back at school. I was excited to be with the kids and by lunchtime, I felt like I was getting really sick. And I actually had to leave school midday, went home, got in bed.

[00:03:18] And I just remember this sort of emotional overwhelm with going back and this fear that the demand. And the exhaustion would be back and I couldn't do anything about it. It was like I was standing in front of a tidal wave

and it was nothing I could do, but run. Going back to school that January really challenged me to figure out what I could do to change that reality.

[00:03:51] To change that experience where I wanted to give everything to that work to my students, to that school. And yet my body was just telling me you can't, you just can't. And it took me a little while, but I began figuring out how I could put boundaries around my time. How it could have more of my weekends to myself, I recognized where I would need to start saying no.

[00:04:20] And it took me a little while, but I steadily began to take the steps. To have the kind of life I wanted to have. It was a turning point coming back from break and feeling exhausted and sick and having to go.

[00:04:36] So listen, lots of people have lots of emotions the day, the week that they go back to work after break. And this week, what I want you to do is pay attention to your own. What comes up for you? What is coming up? The challenge in doing this? Is to be quiet enough and open enough to see all of the feelings without feeling like you have to take action.

[00:05:10] You don't not at first. What do you see on your emotional landscape? Which emotions feel hardest to acknowledge, to accept?

[00:05:26] Sometimes what can feel hard is not a specific emotion, but a set of emotions that you might feel are in contradiction to each other. For example, you could feel like you love your work and it drains you. That can be a set of emotions that you feel like, well, what am I supposed to do?

[00:05:50] I love my work. I didn't want to leave my teaching job. And I didn't know how to put some parameters around what I gave to it. So part one of this reflection this week is just looking at what is there and what I'm asking you to do. Really challenging because I'm asking you to just observe and not try to change anything, not try to do anything about it.

[00:06:22] Just see what is there and accept that what ever you are feeling right now is normal. It's okay. It is likely to shift or past. Or dissipate or intensify cause emotions changed.

[00:06:46] So how are you feeling this week? Going back to work. I really want to encourage you to. Either do some journal writing about these questions. I'm asking you ideally journal writing because it is a way to continue processing.

[00:07:07] It's also a way to have a record, some sort of documentation, about what you're going through. If you really don't like. There's another way you can continue processing, which is by talking, perhaps talking to a trusted friend, a coach, a colleague, or just using your voice memo app and talking to yourself.

[00:07:37] But I want to encourage you to process these questions. I'm asking you and writing or speaking is a way of presence. And again, the key in doing this is in just noticing, which means taking a non-judgemental stance, tapping into some curiosity. If you can, about what you're feeling, it might be helpful to bring some awareness to how your body is feeling this week, how you're physically experiencing.

[00:08:12] Our emotions and our body are very connected to each other. What can you learn

[00:08:18] because

[00:08:18] **Elena:** Your emotions are information. I often use the analogy of our emotions are like friends who want to tell us something and we can learn from them. So. What are your emotions trying to tell you about this week, about where you're at, what you're doing and perhaps most importantly, what are your emotions trying to tell you about what you need?

[00:08:50] Hey y'all as I was editing this just now I realized that you might be listening to this. As you're getting ready for work as you're driving. And maybe you wish you could jot these questions down, but you can't. And so I just had to cut in and tell you, I am going to put these questions. On our bright morning.

[00:09:12] Instagram feed. And so jump over there, bookmark those posts. So you can look back at them throughout the month or the year. Of course, if you find them useful, then you can also share them with other people on social media. Okay. Just had to interrupt. This episode. To offer you this resource. Let me get back into the original episode.

[00:09:40] Okay I also want to tell you a little bit about a invaluable framework called non-violent communication. Nonviolent communication or N V, C as it is often referred to, was developed by a psychologist named Marshall Rosenberg in the 1960s. And it's really a fascinating, an invaluable model and really easy to use for having better relationships, basically better relationships begin with you. Understanding yourself. And with you understanding your needs and your emotions.

[00:10:24] So nonviolent communication says that the way that we interact with each other is driven by core human motivators, which they also call universal human needs.

[00:10:44] In this model we are taught how to take ownership of our feelings and our needs so that we can ask for not only what we need and what benefits us, but what might be beneficial to everyone in.

[00:11:04] But actually before I talk about how this can be used to create better connections with others and to have good communication with others. I want to back up to this concept presented by NVC around universal. Needs. So if you look in today's show notes, you'll see a link there and you can download a document which contains what are considered these universal human needs, which include things like connection, physical wellbeing, autonomy, meaning, peace, honesty, play.

[00:11:44] It's really worth looking at this list. so the idea here is all human beings have these needs. Now, when our needs are met, then there are whole set of feelings that we experience and those feelings include. Inspiration, joyfulness, excitement, engagement, confidence.

[00:12:11] When our needs are not satisfied, then there are other feelings that we experience, including fear, confusion, embarrassment, disconnection, annoyance. Pain, sadness, anger. again, check out the link in the show notes for the document. You can download to see this list of emotions, both of these lists of emotions.

[00:12:41] It's really helpful in starting to understand your emotions and your needs. So let's say. You've gone back to work this week and you have been recognizing some sadness, maybe some loneliness, perhaps as you look at that list of needs, you might recognize that your need for connection with others is not being met.

[00:13:16] Maybe you recognize that your need for appreciation is not being met. This tool, can help you better understand with better understanding. There's the possibility for taking action to get your needs met and perhaps. To shift some of the emotions you're experiencing.

[00:13:40] Now, when we can better understand our own feelings and needs, we are much more able to express our feelings and needs to others. We can take responsibility at least for communicating what our needs are. And this also allows us to listen to other people's feelings and needs with more empathy.

[00:14:09] Sometimes there are things that we can do, simple things that we can do, or that we can ask for that help us get our needs.

[00:14:21] Quite often, I find people don't get their needs met because they don't ask for what they need or what they want years ago when I would come home after work. I actually had a very short commute and I remember just getting home and feeling like I am not ready to be a mom to be a partner.

[00:14:45] I'm just not ready to go in the house. I need some time alone. I just hadn't had enough time to decompress. And I would sit in my car sometimes for five minutes, eight minutes. And I told my husband. Yeah. You're going to see me drive up and then you'll see me sit in my car. Cause I need a little bit more alone time before I can come in . And again, Last fall.

[00:15:10] I recognized my need for spaciousness and autonomy. And I was able to meet that need just by making some adjustments to my calendar sometimes. Or perhaps a lot of times it's actually easier to get our needs met than we think. Yes. I know sometimes our needs feel enormous and it feels like how could I possibly get this met?

[00:15:40] But what if it could be easier than you think? What if it is easier? And what if it starts with identifying what those needs are and then figuring out. Is there anything you can say to anyone ask, share? Is there anything you can do?

[00:15:58] I have found people to be incredibly resourceful and able to take action. When I prompt these questions.

[00:16:08] Okay. So that's the episode for today. I want you to keep paying attention to your emotions. What they're trying to tell you, and which of your needs are getting met and, or not met. And then perhaps considering if there's anything you can do to work towards getting those needs met, check out the show notes.

[00:16:37] and Hey friends, if you enjoy our podcast and if you know of other educators or people outside education, who might also enjoy it, I'd be so grateful. If you would share it, you could share on social media, you could just share in a text message or a verbal message to other people.

[00:17:00] Let them know word of mouth gets our podcast out there. And if you have not yet rated and reviewed the bright morning podcast on apple podcasts, that would be really helpful too. Okay. Folks, this podcast is produced by Leslie

Bickford and Stacy Goodman. Does the sound engineering take care, everyone and be well?