

ORIGINAL w/Errors Highlighted

Unlocking

The 4 S's of emotional support



I see myself and the staff I support through the lens of wholeness.

What it means to feel seen...

- Others see how I feel
- Others see my point of view
- Others hear what **matters** to me (right now)
- Others hear what's important to me (right now)
- Others hear my "shark music"
- Others notice my unmet needs
- Others understand my perspective
- Others understand who I am as a whole person
- My ideas, thoughts, and feelings **matter** to others
- **I matter** - my life matters

How I ensure others feel seen

- **I am** curious and ask "why" and "why now"
- I listen for understanding and avoid rushing to find solutions or fix things
- I allow for the processing of emotions and offer coping strategies
- **I'm** attuned to what others are thinking, feeling, experiencing, and even dreaming about
- I work with facts, in the moment, and by **noticing** what others need
- **I am** the calm that others seek
- I encourage, affirm, and validate
- **I'm** empathetic
- **I'm aware** of my own biases and **aim** to be accountable for my impact not my intentions
- **I am anti-racist**