



The Storm Isn't Over: Ways to Support the Social Emotional Needs of Youth Today

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We are all on different ships during this storm experiencing a very different journey.

Look beyond what is seen at first glance.

Recent observations: Temperature check on the youth

- Increased severity of mental health concerns
- Emotionally fragile & hostility
- Poor interpersonal skills and increased social conflicts



Recent observations: Temperature check on the adults

- Parents are struggling too!
- Fear driven expectations and behaviors



Factors That Have Led To These Observations

- Social media
- Narrow definition of success
- Social injustices
- COVID-19



Key Conditions for Thriving Individuals



Pre-requisite: Safe Space



- ✓ Affirming
- ✓ Trustworthy
- ✓ Predictable



Permission To Feel

- Validate and hold emotions
- Stop saying “pre-pandemic” or “getting back to normal”
- Listen to understand



Permission to Act

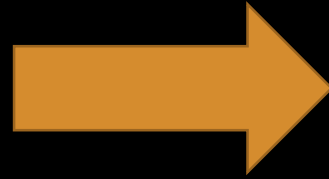
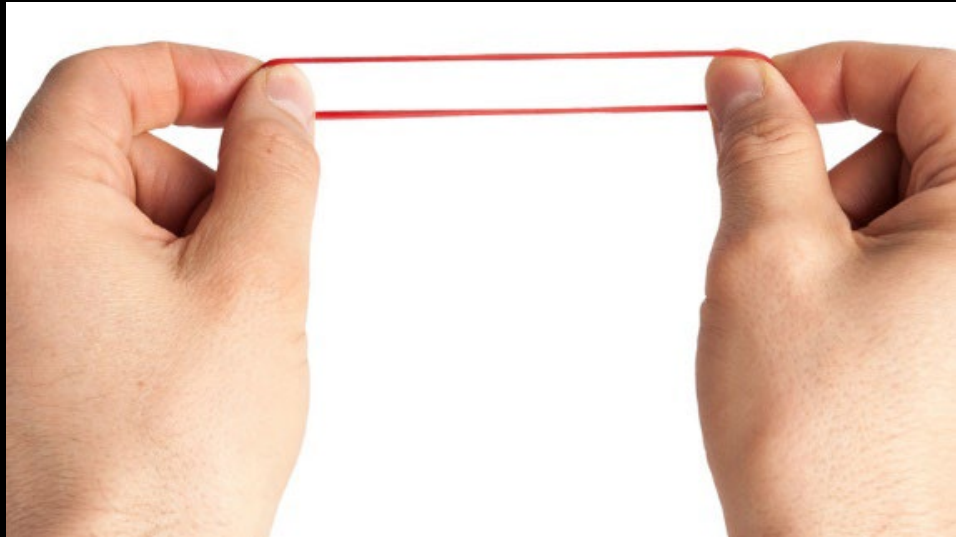
- Skills for emotional awareness and regulation
- Opportunities to build mastery experiences



Permission to Recover

- Commit to rest & restoration
- “Stress is not the issue, lack of recovery is.” -Dr. Ben-Shahar

Shifting From Resilience to Antifragility



Happier No Matter What (Ben-Shahar, 2021)



Condition #4

Permission to Give

- Practicing self-compassion
- Engage in gratitude and giving





Let's Put Some Of This To Work

Key Conditions Check List

How many of the key conditions does your _____
(workplace/classroom/advisory/home/relationship, etc) check off?
Give examples.

- Pre-requisite of **safety**
- Permission to **feel**
- Permission to **act**
- Permission to **recover**
- Permission to **give**



Create An Action Plan Toward Fostering These Conditions



- Pick one:

Permission to **feel**

Permission to **act**

Permission to **recover**

Permission to **give**

- Identify one goal to help foster a key condition for the youth you support.
- What is one action step toward achieving that goal?
- How would you know the goal was achieved?



You can't pour

from an empty cup.

HOW ARE YOU
DOING?



Thank you!