

message from our Director

Dear Students,

Whether you are an aspiring or already a practising early childhood educator, these are trying times as you juggle your studies alongside your work and personal commitments. Our mental wellness is especially important during these unprecedented times.

At NIEC, we care about you and your well-being. Taking care of yourself, being kind to yourself, is not selfish but rather an appreciation that with so many people relying on you, you can only give your best to children and families if you do so.

In addition to NIEC's newsletter *Thrive*, do look out for our lunch time talks and seminars that focuses on mental well-being and professional development. With these resources, mutual support, and in putting well-being tips into practice, I am sure you are on the way to becoming **Reflective Practitioners, Relationship Builders and Resilient Learners**.

Mrs Loke-Yeo Teck Yong
Director, NIEC



the wellness wheel



The Wellness Wheel illustrates a wellness model with 8 interconnected dimensions to a well-rounded and balanced lifestyle. Each issue, we will cover 1 element from the wheel.

WHAT'S IN THIS ISSUE:

- What is Emotional Well-being?
- Managing Emotions
- Emotional Intelligence
- Activity to try



what is emotional well-being?

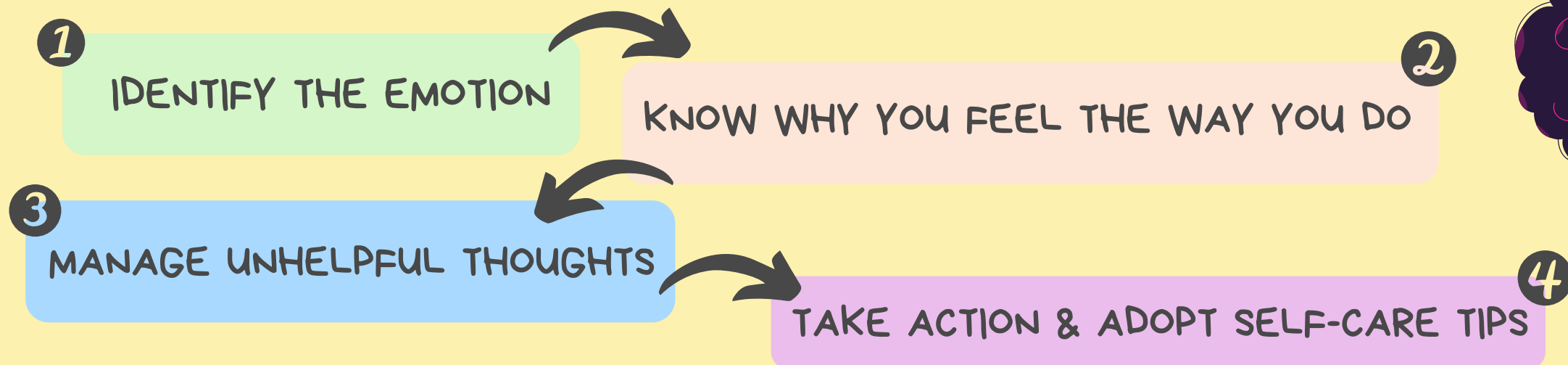


Having good emotional health is a fundamental aspect of fostering resilience, self-awareness and overall contentment.

Having good emotional health doesn't mean you're always happy or free from negative emotions. It's about having the skills and resources to manage the ups and downs of day-to-day life.

managing emotions

There are 4 key steps to manage emotions, namely:

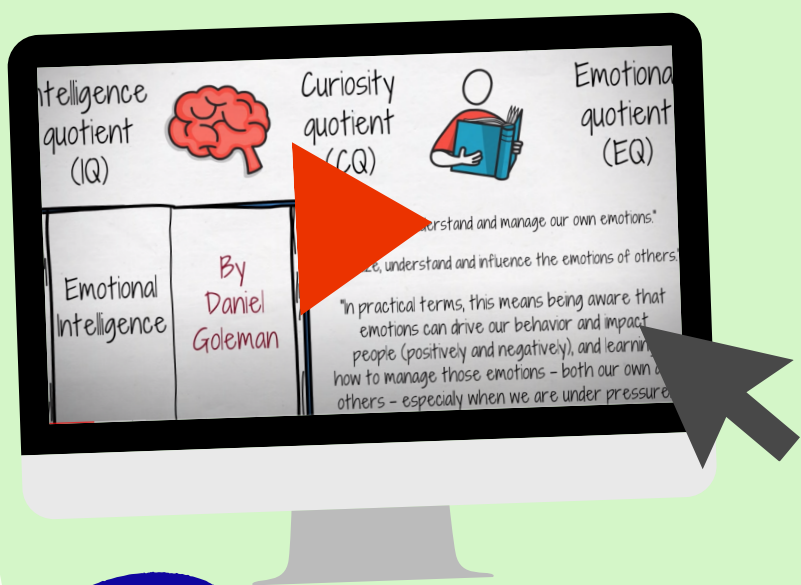


emotional intelligence

Emotional Intelligence or EI in short refers to the ability to understand and manage your emotions.

Nurturing EI will allow you to:

- Manage your feelings healthily
- Make better decisions
- Enhance relationship with others



Click here to watch a video to learn more about EI!



you can do it!

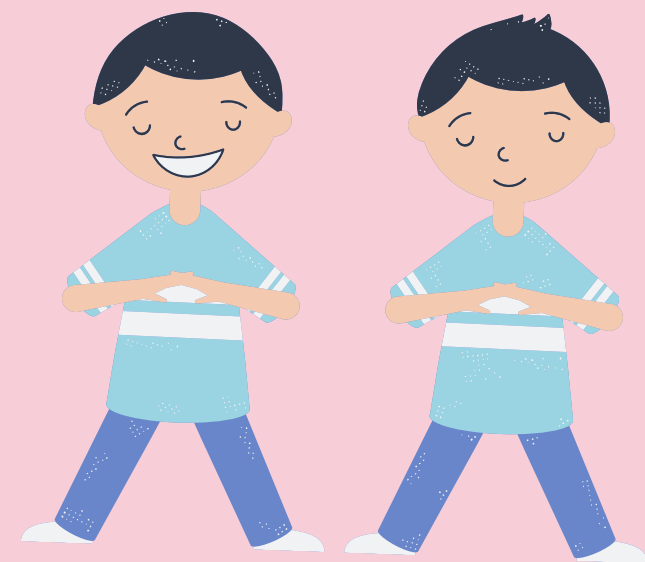
Maintaining good mental health helps your mind to function in your best interest. Take small, conscious steps to show yourself compassion every day and you will get there!

Till the next **Thrive**, take heart and take care!



try this activity

The next time you feel overwhelmed:



- 1** Breathe in slowly. Deep breaths come from the diaphragm, not the chest.
- 2** Hold it. Hold your breath for a count of three, then let it out slowly.
- 3** Consider a mantra. Some people find it helpful to repeat a mantra, like "I am calm" or "I am relaxed."

references & additional resources

1. [What is Mental Wellness](#) by Singapore Association for Mental Health
2. [How to build good Emotional Health](#) by Healthline
3. [Managing emotions](#) by Singapore Health Hub
4. [The 10 Qualities of an Emotionally Intelligent Person](#) by The Art of Improvement
5. [The Importance of Emotional Intelligence](#) by PositivePsychology.com

feedback

Click or scan the QR code to share your feedback about the newsletter with us.

Your suggestions are highly appreciated!



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