Learn how to become more flexible and resilient to change. With Social Emotional Learning (SEL) you can develop skills to grow your emotional intelligence. This influences how you and your family thrive socially and in your environment. SEL can help communities heal and thrive.

Emotional intelligence includes:

- **Physical health**: How you take care of your body and manage stress.
- **Mental well-being**: Your ability to lessen anxiety and avoid depression and mood swings.
- **Relationships**: How you communicate your feelings and understand and relate to others.

Emotional intelligence helps you:
- Manage emotions.
- Grow a skill set to support your feelings.
- Have empathy and understand others.
- Build resiliency skills.

Questions? Contact Elizabeth Allen at eallen@tpchd.org or (253) 649-1641.

Visit tpchd.org/behavioralhealth for more SEL resources.