"Managing Emotions in Times of Uncertainty and Stress" is a course delivered through Coursera and led by experts in psychology, education, and research at the Yale Center for Emotional Intelligence.

This 10-hour, non credit-bearing course is designed for school staff. It focuses on strategies for dealing with uncertainty, stress, and other emotions relevant to the current times, as well as on strategies for helping students to manage their emotions.

Participants in this course begin by learning about why social and emotional learning is an important component of education. Then, they explore how to identify and manage emotions, including how to support others with their emotions in scientific and culturally responsive ways. Participants complete "Weekly Action Plans" to build a comprehensive and personalized guide for lasting change.

I can already see the course helping me to be more aware of my emotions both at work and at home. I am stepping back, breathing, and listening more intently to others as well as to myself.