

Starting With the "Self" in Self-Regulation

We are really pleased to introduce another new webinar: *Promoting Mental Wellness Through Self-Regulation* from our colleagues in West Vancouver School District as they work to strengthen the connection between self-regulation and good mental health. **District Principal Maureen Lee's** synthesis of some core elements of the work of Dr. Stan Kutcher and Dr. Stuart Shanker provides a good foundation and a timely refresher to those engaged in the self-reg journey.

As the issue of mental health becomes a higher and more critical priority for individuals, families, communities and schools, it is important to remember the following from 2010, courtesy of the BC Ministry of Health and Ministry of Children and Family Development.

Good mental health is much more than the absence of mental illness - it enables people to experience life as meaningful and to be creative, productive members of society.

We all play a role in supporting mental wellness and the self-regulation framework is an essential element in that effort. Many thanks to Maureen for sharing her thinking and the application of a self-reg/mental health approach to understanding and supporting youngsters...and ourselves.