

Social emotional wellness is one's ability to understand and manage their emotions, build relationships, make responsible decisions, and care for others. Understanding how I feel, and my mental and physical health is at the top for me but it does not dismiss my social well-being. I never understood this as a child because I was so isolated, but the more relationships I build, the better my emotional well-being is. My social and emotional well-being with my peers, teachers, and community members has always been important but now more than ever.

To have strong emotional well-being, I had to learn to understand myself, adapt, and control my emotions. Change has never been easy on me, especially as a little girl. I would break down during vacation because I hated leaving, but that soon changed when I came to the realization that change means progression, no matter what the form was. This realization made it easier for me to adapt to the switch from charter school to virtual school and to in-person high school. It was stressful, but I'm thankful to my teachers and peers for being extremely warm to me.

The community I am a part of is very loving and kind, so it wasn't hard for me to build a relationship with them. I used to think that putting on a face to seem approachable was the way to form new relationships, but being relatable sparked more connections. Another flaw of that thought I had was that the more relationships I formed the better, but it is true when they say you should find quality over quantity. Through high school, I've made strong bonds with teachers and friends who have helped me throughout school and now all the way to college.

My ability to work under stress and around many schedules has helped me succeed and also build my endurance. The more relationships I build and maintain, the more responsibilities are on my plate. The biggest aspect that has made me successful is my social well-being. I

became more open to the community and connected to my name was a title that was worth something. This led me to receive many opportunities others may not have and plenty of help throughout life.