

## el Takeaways

**Educators need the ability to experience and express all emotions. Perpetual happiness can't be our goal—it's just not how real life works.**

—Marc A. Brackett, p. 34

**School leaders can't avoid the stresses of the job; the hustle and grind are very real. But we have to be sure that stress doesn't lead to burnout. The key to surviving is becoming more emotionally intelligent—especially building trust, connections, and positive relationships.**

—Salome Thomas-EL, p. 82

**We [must] see emotions as allies and not as enemies we need to fight.**

—Lorea Martínez, p. 66

**Putting yourself in someone else's shoes includes remembering when you wished someone would have done the same for you, especially when you weren't showing up as your best self. Empathy requires grace and patience—and, luckily, both are free.**

—Brittany Hogan, p. 28