



## Wellness & Resilience Strategies, Part 2: Mindful Self-Awareness & Core Values

### Microlearning Summary

Part 2 of the Wellness & Resilience Strategies series explores the Mindful Self-Awareness and Core Values sectors of the Wellness & Resilience Strategies Reflection . The Mindful Self-Awareness sector focuses on mindful self-awareness, presence, and the ability to observe thoughts without judgment. The Core Values sector centers on purpose, values, inspiration, and renewal. Together, these areas help us stay grounded, intentional, and connected to meaning — essential components of compassion resilience.

### Why This Matters

- Mindful self-awareness reduces reactivity and increases emotional regulation.
- Understanding that thoughts are not facts helps prevent spiraling, shame, and self-criticism.
- Connecting to purpose and values strengthens motivation and resilience.
- Core Values-aligned practices replenish energy and protect against compassion fatigue.
- When educators nurture mind and spirit wellness, they show up with clarity, presence, and empathy.

### Link to Microlearning Video

Wellness & Resilience Strategies Part 2  School Wellness and Resilience Strategies - Part 2

| LIST OF VALUES      |                      |                  |
|---------------------|----------------------|------------------|
| Accountability      | Future generations   | Power            |
| Achievement         | Generosity           | Pride            |
| Adaptability        | Giving back          | Recognition      |
| Adventure           | Grace                | Reliability      |
| Altruism            | Gratitude            | Respect          |
| Ambition            | Growth               | Resourcefulness  |
| Authenticity        | Harmony              | Responsibility   |
| Balance             | Health               | Risk-taking      |
| Beauty              | Home                 | Safety           |
| Being the best      | Honesty              | Security         |
| Belonging           | Hope                 | Self-discipline  |
| Career              | Humility             | Self-expression  |
| Caring              | Humor                | Self-respect     |
| Collaboration       | Inclusion            | Serenity         |
| Commitment          | Independence         | Service          |
| Community           | Integrity            | Simplicity       |
| Compassion          | Initiative           | Spirituality     |
| Competence          | Intuition            | Sportsmanship    |
| Confidence          | Job security         | Stewardship      |
| Connection          | Joy                  | Success          |
| Contentment         | Justice              | Time             |
| Contribution        | Kindness             | Teamwork         |
| Cooperation         | Knowledge            | Thrift           |
| Courage             | Leadership           | Tradition        |
| Creativity          | Learning             | Travel           |
| Dignity             | Legacy               | Trust            |
| Diversity           | Leisure              | Truth            |
| Environment         | Love                 | Understanding    |
| Efficiency          | Loyalty              | Uniqueness       |
| Equality            | Making a difference  | Usefulness       |
| Excellence          | Ethics               | Vision           |
| Fairness            | Optimism             | Vulnerability    |
| Faith               | Order                | Wealth           |
| Family              | Nature               | Well-being       |
| Financial stability | Parenting            | Wholeheartedness |
| Forgiveness         | Patriotism           | Wisdom           |
| Freedom             | Patience             |                  |
| Friendship          | Peace                | Write your own:  |
| Fun                 | Perseverance         | _____            |
|                     | Personal fulfillment | _____            |

### Micro-Reflection for after the micro-learning

- [Wellness & Resilience Strategies Part 2 Reflection Questions for Staff](#)
- [Wellness & Resilience Strategies Part 2 Leadership Considerations](#)



### Signals to Notice

You may need to strengthen your Mindful Self-Awareness and Core Values when you observe:

| Signal                                     | What It Might Mean                                               |
|--------------------------------------------|------------------------------------------------------------------|
| You feel scattered or unfocused            | Mindfulness may be missing from your routine.                    |
| You ruminate on negative thoughts          | You may be treating thoughts as facts rather than mental events. |
| You feel disconnected from purpose         | Core Values may need attention.                                  |
| You feel emotionally drained or uninspired | Your values may not be aligned with your daily actions.          |
| You struggle to stay present               | Your mind may be overwhelmed or overstimulated.                  |

### What This Looks Like in Practice

A teacher notices she's been feeling disconnected and overwhelmed. Her thoughts race during the day, and she feels like she's "going through the motions." After learning about the Mindful Self-Awareness and Core Values sectors, she begins practicing a one-minute breathing exercise before each class and uses the metaphor of thoughts as clouds passing through the sky. She also revisits her core values and identifies "growth," "connection," and "creativity" as central. She intentionally looks for moments in her week that align with these values. Over time, she feels more grounded, purposeful, and emotionally replenished.

### Grade-Band Strategies You Can Use Tomorrow

The following grade-band strategies offer quick, practical ways to apply this microlearning in your daily work. They are not required steps — simply additional options you can use to deepen the learning, strengthen resilience, and support students and colleagues in developmentally responsive ways. Choose the strategies that fit your role, your context, and your current needs.



## **K–2 Strategies**

1. One-Minute Mindful Moments  
Steps: Pause during transitions to notice sounds, sensations, or breathing.  
Why it's beneficial: Builds presence and reduces overwhelm.
2. “Cloud Thoughts” Visualization  
Steps: Imagine thoughts floating by like clouds; return attention to the present.  
Why it's beneficial: Helps separate thoughts from identity.
3. Gratitude Naming  
Steps: Name one thing you're grateful for at the start or end of the day.  
Why it's beneficial: Shifts mindset toward appreciation.
4. Purpose Reminders  
Steps: Keep a small note or symbol that represents why you teach.  
Why it's beneficial: Strengthens core values and motivation.

## **3–5 Strategies**

1. Body Scan Reset  
Steps: Take 30 seconds to notice tension and release it.  
Why it's beneficial: Supports regulation and mental clarity.
2. Thought Labeling  
Steps: When a thought arises, label it (“worry,” “planning,” “judgment”).  
Why it's beneficial: Creates distance from unhelpful thoughts.
3. Values Check-In  
Steps: Ask, “Is how I’m spending my energy aligned with my values today?”  
Why it's beneficial: Strengthens purpose and reduces stress.
4. Inspiration Moments  
Steps: Notice one moment each day that reminds you why your work matters.  
Why it's beneficial: Replenishes core values and resilience.



## **6–8 Strategies**

1. Present-Moment Awareness  
Steps: Focus on one sensory detail (sound, temperature, texture).  
Why it's beneficial: Anchors attention and reduces mental clutter.
2. Journaling for Clarity  
Steps: Write down thoughts or emotions without judgment.  
Why it's beneficial: Supports insight and emotional processing.
3. Identify Core Values  
Steps: Choose 3–4 values that guide your work.  
Why it's beneficial: Strengthens purpose and decision-making.
4. Align Tasks with Values  
Steps: Connect daily tasks to your values ("This supports growth").  
Why it's beneficial: Increases motivation and meaning.

## **9–12 Strategies**

1. Non-Judgmental Observation  
Steps: Notice thoughts without labeling them as good or bad.  
Why it's beneficial: Reduces reactivity and self-criticism.
2. Breathing Practices  
Steps: Use slow, intentional breaths before challenging interactions.  
Why it's beneficial: Calms the nervous system and increases presence.
3. Purpose Mapping  
Steps: Identify how your work connects to your deeper "why."  
Why it's beneficial: Strengthens resilience and engagement.
4. Rest & Renewal Planning  
Steps: Schedule small moments of joy, play, or rest each week.  
Why it's beneficial: Replenishes core values and prevents burnout.

*Refer back to the Compassion Resilience Schools Toolkit  
(<https://eliminatestigma.org/compassion-resilience-toolkit/schools/what-is-compassion-resilience/>) to  
explore more resources and information*