

Wellness & Resilience Strategies, Part 3: Physical Wellness & Healthy Relationships

Microlearning Summary

Part 3 of the Wellness & Resilience Strategies series explores the Physical Wellness and Healthy Relationships sectors of the Wellness & Resilience Strategies. The Physical Wellness sector focuses on stress resilience and caring for the body. The Healthy Relationship sector centers on emotional regulation. Together, these areas help us recognize stress signals early, respond with intention, and build the emotional capacity needed to sustain compassion for ourselves and others.

Why This Matters

- Stress is a normal part of life — but unmanaged stress erodes resilience and increases compassion fatigue.
- The body sends early signals when things are out of balance; learning to notice them is essential.
- Emotional regulation allows us to respond thoughtfully rather than react impulsively.
- Strong relationships buffer stress and strengthen compassion resilience.
- Attending to Physical Wellness and Healthy Relationship wellness supports sustainable, grounded, and connected work.

Link to Microlearning Video

Wellness & Resilience Strategies Part 3  School Wellness and Resilience Strategies - Part 3

Wellness and Resilience Strategies:
Healthy Relationships


Section 11

Activity: Developing an Emotional Regulation Plan

We all experience times when we feel overwhelmed and allow our feelings to control our actions. But to successfully cope with stressful events, we must learn to inhibit some responses while employing other, more positive ones. The ability to identify and name emotions, assess internal strategies and external supports, and act to make our environment safer are key to regulating negative, reactive emotions.

Answer the following questions to lay out what your own emotional regulation plan would look like:

1. When stressful events occur, what emotion(s) do I show that may be of concern or that I wish I had more control over? (e.g., fear, anger, jealousy, sadness, shame, etc.)
2. What do you see as your primary triggers and warning signs of stress? (e.g., not having a say or not being listened to, feeling lonely, feeling pressured, etc.)
3. What might other people notice me doing if I begin to lose control or my emotions? (e.g., pacing, becoming very quiet, being rude, isolating, etc.)
4. What strategies can you (or you) use to increase your ability to calm down and regulate your emotions? (e.g., time to myself, humor, listening to music, talking to others, breathing, etc.)
5. What external social supports are available to you that may help?
6. What things do NOT help you keep calm or regulate your emotions? (e.g., being alone, being around people, not being listened to, etc.)

Additional Strategies for Emotional Regulation:

One way of regulating our emotions is to manage our self-talk. By asking ourselves new questions we can come up with options when upset. Here's what a balanced conversation may sound like:

- What am I reacting to? What is it that's really pushing my buttons here?
- Am I jumping to conclusions?
- Is there another way of dealing with this?
- Is it fact or opinion?
- Is there a different point of view to see the situation through? Think bigger picture.
- What meaning am I giving this situation?

When feeling particularly overwhelmed or when dealing with intense emotions, try the STOPP technique to help you regulate your emotions and stay calm:

- Stop. Don't act immediately—pause for a moment.
- Take a deep breath. Notice your breathing as you breathe in and out.
- Observe. What am I thinking right now? What is your focus of attention? What are you reacting to? What sensations do you notice in your body?
- Pull back. Zoom out. Put in some perspective and ask yourself what is the bigger picture? Is this thought a fact or opinion? What is another way of looking at this situation and/or a more reasonable explanation? How important is this or will it be?
- Practice your skills. What is the best thing to do right now (best for me, for others, for the situation)? Do what will be effective and appropriate.



Micro-Reflection for after the micro-learning

- [Wellness & Resilience Strategies Part 3 Reflections Questions for Staff](#)
- [Wellness & Resilience Strategies Part 3 Leadership Considerations](#)



Signals to Notice

You may need to strengthen your Strength or Heart wellness when you observe:

Signal	What It Might Mean
Muscle tension, headaches, or fatigue	Your body may be signaling stress overload.
Irritability, anger, or emotional reactivity	Emotional regulation may need support.
Trouble sleeping or mental fog	Stress resilience practices may be missing.
Feeling isolated or disconnected	Heart wellness may need attention.
Difficulty pausing before reacting	You may need an emotional regulation plan.

What This Looks Like in Practice

A teacher notices she's snapping at students more often and feeling physically tense. She realizes she's been ignoring her body's stress signals. After learning about the Strength and Heart sectors, she begins using the STOP technique during stressful moments and adds a short walk after school to release tension. She also identifies situations that trigger emotional reactivity and creates a simple regulation plan. Over time, she feels calmer, more grounded, and more connected to her students and colleagues.

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. Notice Your Body Signals
Steps: Pause during the day to check for tension, fatigue, or shallow breathing.
Why it's beneficial: Builds awareness of early stress cues.
2. Use the STOP Technique
Steps: Stop, Take a breath, Observe, Pull back, Practice.
Why it's beneficial: Supports emotional regulation in the moment.
3. Movement Micro-Breaks
Steps: Stretch, shake out hands, or take 10 slow steps.
Why it's beneficial: Releases physical stress and resets energy.
4. Relationship Rituals
Steps: Greet students warmly at the door or share a positive note.
Why it's beneficial: Strengthens Heart wellness through connection.

3–5 Strategies

1. Identify Your Stress Signals
Steps: List physical or emotional signs that show up when you're stressed.
Why it's beneficial: Helps you intervene earlier.
2. Reframe Stress
Steps: Ask, "Is there another way to view this situation?"
Why it's beneficial: Reduces catastrophizing and increases flexibility.
3. Build a Regulation Plan
Steps: Identify triggers, unhelpful reactions, and helpful coping strategies.
Why it's beneficial: Prepares you to respond thoughtfully.
4. Strengthen Support Networks
Steps: Ask a colleague for a quick check-in or shared planning time.
Why it's beneficial: Enhances resilience through connection.



6–8 Strategies

1. Evaluate Your Options
Steps: Ask: Can I avoid this stressor? Can I reframe it? Do I need lifestyle changes?
Why it's beneficial: Encourages strategic stress management.
2. Prioritize Physical Wellness
Steps: Add hydration, movement, or stretching into your day.
Why it's beneficial: Supports energy and emotional stability.
3. Practice Non-Judgmental Observation
Steps: Notice emotions without labeling them as good or bad.
Why it's beneficial: Reduces reactivity and shame.
4. Strengthen Relationship Boundaries
Steps: Communicate needs clearly and ask for support.
Why it's beneficial: Builds healthier, more sustainable connections.

9–12 Strategies

1. Create a Stress-Resilience Plan
Steps: Identify stressors, coping strategies, and support needs.
Why it's beneficial: Increases preparedness and reduces overwhelm.
2. Use Lifestyle Adjustments
Steps: Improve sleep, nutrition, or movement routines.
Why it's beneficial: Enhances physical and emotional resilience.
3. Practice Emotional Regulation Skills
Steps: Use breathing, grounding, or cognitive reframing.
Why it's beneficial: Supports calm, intentional responses.
4. Strengthen Heart Connections
Steps: Schedule time with colleagues who energize you.
Why it's beneficial: Builds belonging and buffers stress.

*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*