

Cultivating Adult Wellness in an MTSS Framework

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Resource Links

Mood Meter

[The Colors of Our Emotions | Marc Brackett, Ph.D.](#)

[MOOD METER APP](#)

Compassion Resilience Toolkit

[Compassion Resilience – Compassion Resilience Toolkit](#)

Building Compassion & Resilience Through An Understanding of Brain States Video

https://youtu.be/R_0gL5nJ1N0

Mindfulness for Teachers

[Mindfulness for Teachers: A Pilot Study to Assess Effects on Stress, Burnout, and Teaching Efficacy - Flook - 2013 - Mind, Brain, and Education - Wiley Online Library](#)

Gaining Perspective through our Experiences with COVID-19 and an Opportunity to Re-envision our Educational Priorities

[Newsletter-November2020.pdf \(bloomu.edu\)](#)

Healthy Minds Framework

[A look into the science of well-being and the Healthy Minds Framework from the Center for Healthy Minds at UW–Madison - Center for Healthy Minds \(centerhealthyminds.org\)](#)

[Try Our Free App for Guided, Mindful Meditation | Healthy Minds Innovations \(hminnovations.org\)](#)

Educator Wellbeing 4-Week Challenge

[Cultivating Awareness/Connection/Insight/Purpose for MTSS Implementers](#)

www.pbiscaltacevents.org

Mood Meter

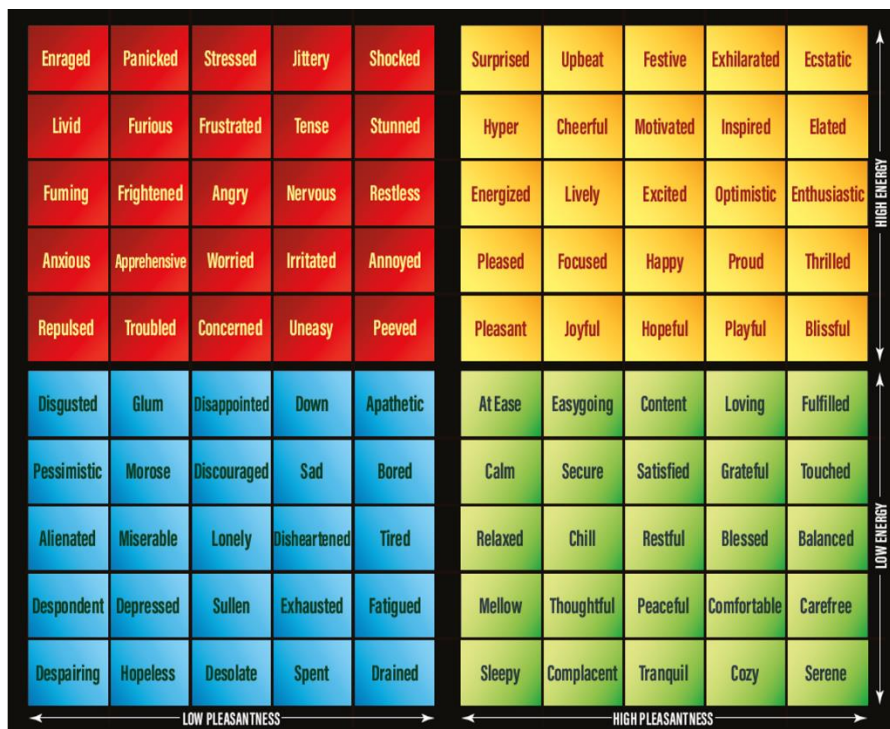
The Mood Meter is a square divided into four quadrants — red, blue, green, and yellow — each representing a different set of feelings. Different feelings are grouped together on the Mood Meter based on their pleasantness and energy level.

RED feelings: high in energy and low in pleasantness (e.g., angry, scared, and anxious)

BLUE feelings: low in energy and low in pleasantness (e.g., sad, disappointed, and lonely)

GREEN feelings: low in energy and high in pleasantness (e.g., calm, tranquil, and relaxed)

YELLOW feelings: high in energy and high in pleasantness (e.g., happy, excited, and curious)



Making the Case for Educator Wellness

Despite the crucial role of educators in fostering student academic learning and social-emotional well-being, addressing adult stress remains a significant challenge in education. Research is emerging that supports the critical educators who practice "mindfulness" are better able to reduce their own levels of stress and prevent burnout.

Educators can struggle to balance their own self-care with the needs of the students they are teaching and may develop what is referred to as **Compassion Fatigue**, impacting all aspects of an educator's life including their capacity to cognitively process information as well as the emotional, behavioral, relational, physical, spiritual, and occupational facets of their life.

4 Pillars of a Healthy Mind to Cultivate Educator Well-being

True well-being is a skill that can be developed with practice. The four pillars framework cultivates connections between what's happening inside your brain and how you're interacting with the world around you—with results ranging from increased focus to decreased stress and higher levels of health and well-being.

Scientific research provides evidence that people can weather life's ups and downs with resilience, and that the brain and body can change and adapt. Four areas that contribute to well-being that are trainable and measurable include: **AWARENESS, CONNECTION, INSIGHT & PURPOSE**. (centerhealthyminds.org)

AWARENESS: Be Present

Skills: *Mindfulness, Attention, Self-awareness*

"As you build up awareness, you'll begin to notice your thoughts, emotions, and impulses more clearly. This will help you improve your inner balance and **truly be present** at work and in your relationships."

CONNECTION: Feel Connected

Skills: *Appreciation, Kindness, and Compassion*

"Cultivating qualities like appreciation and kindness **strengthens your positive connections** with other people. This increases your resilience and boosts well-being."

INSIGHT: Get Curious

Skills: *Self-inquiry, Self-knowledge, Self-transcendence*

"As you **get more and more curious** about how your mind works, you'll see how your thoughts and emotions influence the way you see the world. This can help you turn challenges and adversity into opportunities for growth and understanding."

PURPOSE: Stay Motivated

Skills: *Clarifying purpose, Embodying values, Finding meaning*

"Purpose involves fortifying your ability to keep your most deeply held values front and center in your life, relationships, and at work. A sense of purpose is what helps you see the bigger picture—and **stay genuinely motivated**."