

Recognizing and Regulating Stress Response



Virtual Workshops



Educators and Staff



60 Minutes

Resilience in School Environments: Understanding and Practice (RISE UP) is a series of virtual offerings to help school communities utilize a social-emotional arts-based approach to examine mental health challenges in the school environment and create a safe space to practice resilience.

Research shows that educator well-being has been linked to stability in schools, teaching effectiveness, and student achievement. Supporting the mental health and resilience of teachers and staff is critical for creating a positive school climate and retaining quality educators.

Workshop Overview

This interactive workshop for adults uses a theatre-based approach to explore stress and its effect on the body. This session will help participants identify stressors and learn ways to regulate the nervous system.

Key Concepts

Through this program, participants will:

- Practice self-regulation tools to use in moments of stress and conflict
- Practice resilience tools and regulation techniques to support staff and student health
- Develop supportive relationships with colleagues

Register for an upcoming event:

[Feb. 13th 11:00 -12:00 pm EST](#)

or

[Feb. 13th 2:00-3:00 pm EST](#)

About Educational Theatre

For nearly 40 years, Kaiser Permanente has been using arts-based learning to support health and well-being in classrooms and communities. Educational Theatre uses the power of storytelling to deliver critical health messages. Educational Theatre is part of Kaiser Permanente Thriving Schools initiative, which works to strengthen the health and well-being of school communities across the country.

Cost

This program is available at no cost.

Booking

These 60-minute virtual workshops are intended for educators, administrators, and staff, up to 150 participants.

For more information, contact:

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