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Please enjoy this complimentary excerpt from Whole School Health Through Psychosocial Emotional Learning by Jared Scherz.

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PART I. CURRENT STATE OF EDUCATION

What Makes Educators and Schools Successful

**SURVIVING MODE**
- Chronic and acute stress feel overwhelming, diminishing resiliency.
- Poor self-care such as unhealthy eating and reduced exercise.
- Treatment orientation leads to medical intervention.
- Others withdraw due to our lack of openness to intimacy.
- We resort to coping such as alcohol, shopping, gambling.
- Self-blame leads to self-harm and world blame leads to entitlement.

**THRIVING MODE**
- Distress felt as a challenge to overcome, growing resiliency.
- Messages from the body lead to intentional use of energy stores.
- Activities that reinvest energy output to recharge and revitalize.
- Accepting our limitations and inequalities.
- Sensations lead to exploration of unmet needs.
- People are drawn to us because we are present, potent, and peaceful.
- Curiosity promotes self-worth.
- Giving back to our communities because we feel rewarded.

**INDIVIDUAL**
Are You Surviving or Thriving?

**Figure 2.1** Individual Portion of Flow Chart Only