



## FROM STRESS TO STRENGTH: EXPLORING THE IMPACT OF WELLNESS DAY ON WEDNESDAYS (WOW) INITIATIVE AT SAN PASCUAL SENIOR HIGH SCHOOL 1

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### ABSTRACT

This action research, titled "From Stress to Strength: Exploring the Impact of Wellness Day on Wednesdays (WOW) Initiative at San Pascual Senior High School 1", aimed to assess how structured wellness activities improve learners' physical, mental, and social well-being. Anchored on the Basic Education Development Plan (BEDP) 2030's Fourth Pillar—Resilience and Well-Being—and aligned with Republic Act No. 12080 or the Basic Education Mental Health and Well-Being Promotion Act of 2024, the study employed a mixed-method design. Using stratified random sampling, 286 learners participated through pre- and post-implementation surveys and semi-structured interviews. Descriptive statistics and paired sample t-tests were utilized to determine significant changes, while thematic analysis identified challenges and insights. Findings revealed substantial improvement in learners' well-being across all dimensions: physical (2.55 to 3.38), mental (2.54 to 3.30), and social (2.69 to 3.41). Statistical analysis confirmed these differences as significant ( $p < 0.05$ ). Qualitative data highlighted increased motivation, resilience, and peer connectedness, though issues such as scheduling and space limitations emerged. The study concludes that the WOW initiative effectively promotes holistic wellness and recommends institutionalizing similar movement- and mindfulness-based programs to foster balanced, resilient, and socially engaged learners.

**Keywords:** *Wellness Day on Wednesdays; student well-being; physical health; mental resilience; social connectedness*

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