



Republic of the Philippines
Department of Education
NEGROS ISLAND REGION

Regional Advisory No. 091, s. 2026

August 24, 2026

In compliance with DepEd Order (DO) No. 8, s. 2013
this advisory is issued not for endorsement per DO 28, s. 2001,
but only for the information of DepEd officials,
personnel/staff, as well as the concerned public.

(Visit www.depednir.net)

SOUL-ED NATIONAL PILOT PROGRAM FOR SCHOOL YEAR 2026 - 2027

Attached is the DepEd Advisory on the Lighthouse Mental Health Service's SOUL-ED Pilot Program, a national pioneering initiative designed to introduce higher-learning education, meditation, mindfulness, intuitive training, and self-awareness into school curricula and corporate culture for the school year 2026-2027.

The Schools Division Superintendents are authorized to exercise discretion in addressing this matter.

For more information, contact:

The Lighthouse Mental Health Service
Mobile Number: 0956-0083-777

MSG/CLMD-RMWLC- SOUL-ED National Pilot Program Organized.
000/August 19, 2026

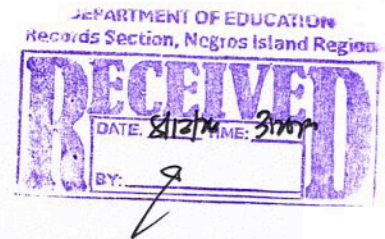


Address: Batinguel, Dumaguete City, 6200
Telephone Nos:
Email Address: nir@deped.gov.ph
Website: <https://depednir.net>



SOUL-ED

5 MINUTES A DAY FOR A BETTER TOMORROW



SOUL-ED is a daily mental wellness program that builds emotional strength, resilience, and well-being.

Just 5 minutes a day to help you feel better, think clearer, and live stronger.



- ✓ Short.
- ✓ Simple.
- ✓ Powerful.

WHAT IS TAUGHT IN SOUL-ED?



1. SELF-AWARENESS

Understand your thoughts, emotions, and triggers.

Build self-awareness and emotional insight.



2. EMOTIONAL REGULATION

Learn to manage emotions in healthy and positive ways.

Stay calm, balanced, and in control.



3. STRESS MANAGEMENT

Tools and techniques to reduce stress and tension.

Find peace even in busy seasons.



4. RESILIENCE BUILDING

Strengthen your mindset and bounce back stronger.

Develop grit, hope, and perseverance.



5. HEALTHY RELATIONSHIPS

Build positive connections and improve how you communicate.

Create deeper, healthier, and more meaningful relationships.



6. POSITIVE MINDSET

Shift to uplifting thoughts and choose a growth mindset.

Train your mind to focus on possibilities.



7. PURPOSE & VALUES

Discover what matters most and live with intention.

Align your daily actions with your purpose.



8. WELLBEING & SELF-CARE

Take care of your body, mind, and soul every single day.

Build habits that support your overall wellbeing.

HOW IT WORKS



1 PRACTICE PER WEEK

One simple exercise every week to focus on.



5 MINUTES A DAY

Repeat the exercise for just 5 minutes each day for 7 days.



BUILD LASTING CHANGE

Small daily practices lead to big, lasting transformation.

KEY BENEFITS



Better emotional health



Stronger relationships



Improved focus and productivity



Greater resilience and confidence



A healthier, happier you



SAFE & PRIVATE

ID-based tracking. No names.
Just numbers.
100% confidential.

WELLNESS TOOL

A non-diagnostic self-reflection tool based on DASS-21 (Depression, Anxiety, Stress Scales).



5 MINUTES TODAY, A STRONGER TOMORROW.



SOUL-ED

5 MINUTES A DAY
FOR A BETTER TOMORROW



Because when we heal and grow, we build a kinder, stronger, and more resilient community.

THE LIGHTHOUSE

MENTAL HEALTH SERVICE
Guiding minds. Healing hearts.
Lighting futures.

Advisory No. **067**, s. 2026

March 25, 2026

In compliance with DepEd Order (DO) No. 8, s. 2013
This advisory is issued not for endorsement per DO 28, s. 2001,
but only for the information of DepEd officials,
personnel/staff, as well as the concerned public.
(Visit www.deped.gov.ph)

SOUL-ED NATIONAL PILOT PROGRAM FOR SCHOOL YEAR 2026–2027

The Lighthouse Mental Health Service will conduct its SOUL-ED Pilot Program, a national pioneering initiative designed to introduce higher-learning education, meditation, mindfulness, intuitive training, and self-awareness into school curricula and corporate culture for the school year 2026–2027.

With the theme, Science+ Spirituality, Consciousness Awareness, and Self-Mastery, the program is a digital, scalable system designed to strengthen learner support systems and promote holistic mental health development within the educational framework, providing structured weekly practices that improve

- focus and cognitive performance,
- emotional regulation,
- stress management, and
- self-awareness and decision-making.

Learners in Grades 7–12, along with university students, faculty, and staff from all public schools, are invited to participate in this event.

Interested participants may access additional event details on the Lighthouse Mental Health Service website.

Participation of learners and teachers from public and private schools shall be purely voluntary and will not hamper instructional time in compliance with the provisions of DepEd Order (DO) No. 012, s. 2025, titled Multi-Year Implementing Guidelines on the School Calendar and Activities and DO 9, s. 2005 titled Instituting Measures to Increase Engaged Time-on-Task and Ensuring Compliance Therewith and the policy on off-campus activities stated in DO 66, s. 2017.

This is also subject to the no-collection policy as stated in Section 3 of Republic Act No. 5546 also known as An Act Prohibiting the Sale of Tickets and/or the Collection of Contributions for Whatever Project or Purpose from Students and Teachers of Public and Private Schools, Colleges and Universities (Ganzon Law), issued in DO 19, s. 2008, and reiterated in DepEd Memorandum No. 041, s. 2024.

For more information, please contact:

The Lighthouse Mental Health Service
Mobile Number: 0956-0083-777
Email: thelighthousefoundationph@gmail.com
or admin@soul-edprogram.com
Website: <https://www.thelighthousefoundationph.com>