

SELF-CARE RESOURCES FOR SCHOOL COMMUNITIES

COVID-19 Teacher Toolkit

Teacher Resilience Through Self-Care <https://resilienteducator.com/covid19/>

Staying Resilient During COVID-19 - Compassion Resilience
<https://compassionresiliencetoolkit.org/>

Six Ways for Educators to Avoid Compassion Fatigue
<https://lesley.edu/article/six-ways-for-educators-to-avoid-compassion-fatigue>

Improving Teacher Well-being with Self-care Strategies and Formalized Peer Connections
<https://eab.com/insights/blogs/district-leadership/improve-teacher-wellbeing/>

5 Strategies for Teacher Self-Care
<http://www.ascd.org/ascd-express/vol15/num13/5-strategies-for-teacher-self-care.aspx>

Resilience Guide for Teachers
https://kevinplummerphd.com/wp-content/uploads/Resilience_Guide-e.pdf

Educator Survey for Return to Work Impact
<https://kevinplummerphd.com/wp-content/uploads/understand-the-adverse-impact.pdf>

Teacher Stress Test <https://www.pedagonet.com/brain/teacherstresstest.html>
(Note: author unknown)

Ted Talks for Self-Care

The Power of Vulnerability - Brené Brown

Why A Neuroscientist Would Study Meditation - Willoughby Britton

Be The Warrior Not The Worrier: Fighting Anxiety & Fear - Angela Ceberano

The Surprising Science of Happiness - Dan Gilbert

All It Takes is 10 Mindful Minutes - Andy Puddicombe

Beyond the Cliff - Laura van Dernoot Lipsky

Getting Stuck in the Negatives (and how to get unstuck) - Alison Ledgerwood

Your Body Language Shapes Who You Are - Amy Cuddy



401-732-9444

1-800-445-1195

Meditation Resources for School Staff

<http://www.mindfulteacher.com/www.mindfulteacher.com/practice/morning-guided-meditation-teachers.html>

<https://www.educationworld.com/mindfulness-educators>

Stress Management and Trauma

The Body Keeps the Score: Brain, Mind and Body in the Healing of Trauma

Van der Kolk, Bessel, 2014

<https://www.health.harvard.edu/mind-and-mood/yoga-for-anxiety-and-depression>

Wills, Denise Kersten (2011) "**Healing Life's Traumas**" www.yogajournal.com/health/2532

David Emerson, Ritu Sharma, Serena Chaudhry and Jenn Turner (2009) **Trauma-Sensitive Yoga: Principles, Practice and Research**. *International Journal of Yoga Therapy*: 2009, Vol. 19, No. 1, pp. 123-128.

On-Line Yoga

Free On-Line Yoga (usually some classes for free; additional classes for a fee)

Ekhart Yoga <https://www.ekhart yoga.com> free classes and fee classes

Yoga with Adriene <https://www.youtube.com/user/yogawithadriene> many free classes and a 30-day yoga journey

Do Yoga with Me <https://www.doyogawithme.com> two months free

Check local studios for on-line or in-person options

Coastline EAP Website Resources for Stress Management

www.coastlineeap.com log-in: your school department or employer

Coastline EAP Webinars

- Stress Management
- Time Management
- The Power of Positive Thinking
- and many more

Coastline EAP Meditations and Mindfulness Resources

- Guided Breath Meditation - 12 Minutes
- Guided Imagery and Progressive Muscle Relaxation - 17 Minutes
- Loving Kindness Meditation - 26 Minutes
- Body Scan Meditation - 20 Minutes



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