



Self-Care *Resources*

Blogs

- [Portable Practices for Promoting Self Care](#) by Meg Richard via TCHERS' Voice Blog
- [10 Fun Questions to Increase Self-Awareness & Avoid Teacher Burnout](#) by Keely Keller via Learners Edge Chalk Blog
- [Avoid Burnout with Good Self-Care](#) by Heidi Green via HealthyPlace
- [Can mindfulness help stressed teachers stay in the classroom?](#) By Chris Berdik via The Herchinger Report
- [15 Smart Ways to Prevent Teacher Burnout That Really Work](#) by Caralee Adams via We Are Teachers
- [Teacher Burnout Education: Tips to Reduce Stress](#) by Marina Khidekel via Thrive Global
- [20+ Teacher Power Foods to Keep You Going](#) by We Are Teachers Staff
- [How Busy Educators Are Fitting in Fitness](#) by NEA Member Benefits Staff
- [Ways to Cultivate Your Emotional Resilience This Year](#) by Elena Aguilar via Edutopia
- [10 Ways to Improve Your Resilience](#) by Kendra Cherry via Very Well Mind
- [12 Choices to Help You Step Back From Burnout](#) by Vicki Davis via Edutopia
- [Happy Teachers Practice Self Care](#) by Madeline Will via Education Week

Videos

- [Self-Care for Teachers](#) by Susanne Leslie via Learners Edge Chalk Blog
- [Six Self-Care Videos for Teachers](#) by Keely Keller via Learners Edge Chalk Blog
- [Kicking Stress Brings Balance to the Classroom](#) via Teaching Channel
- [Thank a Teacher](#) via TakePart
- [My Favorite Teacher](#) via Man On the Street
- [Learn to shine bright- the importance of self care for teachers](#) by Kelly Hopkinson by TedXNorwichED
- [In This District, Health and Wellness Start with Teachers](#) via EdWeek
- [Prioritizing Teacher Self-Care](#) via Edutopia
- [How Self-Care Changed My Life: A Teacher's Journey](#) by Erica Bronkhorst
- [Move Your Way: Tips for Getting Motivated](#) by the Office of Disease Promotion and Health Prevention
- [FUNNY Stress Management Techniques](#) by TEDx Speaker Karyn Buxman

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Podcasts

- [Ten Percent Happier](#) with Dan Harris via ABC News
- [Self-Care for Educators](#) by Tina H. Boogren, PhD.
- [Chalk Full of Life](#) by Kelli Wise
- [Mind Love](#) by Melissa Monte
- [Truth for Teachers](#) by Angela Watson

Webinars

- [Anxiety Awareness](#) via Learners Edge
- [Mindfulness for Teachers](#) via Learners Edge
- [Fireproof: Building Teacher Resilience](#) via Learners Edge
- [Simple Steps to Self-Care for Educators](#) by Amy Speidel via Conscious Discipline
- [The Value of Educator Self-Care](#) via Teaching Tolerance
- [The Healthy, Happy Educator: How to Create an Individualized Self-Care Plan](#) by Tina Boogren via Solution Tree