

# SELF-CARE RESOURCES FOR TEACHERS



## ARTICLES

Developing Your Self-Care Plan

<https://socialwork.buffalo.edu/resources/self-care-starter-kit/developing-your-self-care-plan.html>

How Self-Compassion Can Help Prevent Teacher Burnout

[http://greatergood.berkeley.edu/article/item/self\\_compassion\\_for\\_teachers](http://greatergood.berkeley.edu/article/item/self_compassion_for_teachers)

Stopping Teacher Burnout

[http://greatergood.berkeley.edu/article/item/stopping\\_teacher\\_burnout](http://greatergood.berkeley.edu/article/item/stopping_teacher_burnout)

## TEDTALKS

Why We All Need to Practice Emotional First Aid

[https://www.ted.com/talks/guy\\_winch\\_the\\_case\\_for\\_emotional\\_hygiene](https://www.ted.com/talks/guy_winch_the_case_for_emotional_hygiene)

How to Make Stress Your Friend

[https://www.ted.com/talks/kelly\\_mcgonigal\\_how\\_to\\_make\\_stress\\_your\\_friend](https://www.ted.com/talks/kelly_mcgonigal_how_to_make_stress_your_friend)

How to Gain Control of Your Free Time

[https://www.ted.com/talks/laura\\_vanderkam\\_how\\_to\\_gain\\_control\\_of\\_your\\_free\\_time](https://www.ted.com/talks/laura_vanderkam_how_to_gain_control_of_your_free_time)

## PODCASTS

3-Minute Body Scan to Cultivate Mindfulness & 5-Minute Breathing Meditation

<https://www.mindful.org/meditation/mindfulness-getting-started/>

Basic Meditation to Tame Your Inner Critic

<https://www.mindful.org/meditation/mindfulness-getting-started/>

Meditate at your Desk

<https://www.mindful.org/meditate-at-your-desk/>

## BLOGS

Greater Good: The Science of a Meaningful Life Blog

<http://greatergood.berkeley.edu/education>

The Mindful Path Blog


<http://peacelearningcenter.org/category/mindfulness/page/2>

Scholarly Self-Care

<http://scholarlyselfcare.com/>

## BOOKS

Emotional First Aid: Healing Rejection, Guilt, Failure, and Other Everyday Hurts  
by Guy Winch



Mindfulness for Teachers: Simple Skills for Peace and Productivity in the Classroom  
by Patricia Jennings