

# SELF-CARE TOOLKIT

## Books

- BURNOUT BY EMILY NAGOSKI, PHD AND AMELIA NAGOSKI, DMA
- BREATH BY JAMES NESTOR
- CREATE YOUR OWN CALM BY MEERA LEE PATEL
- I AM HERE NOW BY THE MINDFULNESS PROJECT
- NOTHING MUCH HAPPENS BY KATHYRN NICOLAI
- SET BOUNDARIES, FIND PEACE BY NEDRA GLOVER TAWWAB
- SILENCE BY ERLING KAGGE
- THE COMFORT BOOK BY MATT HAIG
- THE SELF- LOVE EXPERIMENT BY SHANNON KAISER
- YOU ARE YOUR BEST THING BY TARANA BURKE AND BRENE BROWN

## APPS

- HEADSPACE
- SHINE
- SHINEDAY
- PLANT NANNY
- ALOE BUD
- FLORA
- YOUNGER
- EVE
- JOUR
- TALKSPACE
- CALM

## WEBSITES

- This website teaches how to practice gratitude to improve mental health <http://www.actionforhappiness.org/take-action/find-three-good-things-each-day>
- This website discusses lifestyle choices that can make you feel happier and more productive <https://zenhabits.net/>
- This website focuses on health, productivity, motivation, and self-improvement to help you grow in personal goals <https://www.pickthebrain.com/blog/>
- This website has a “Quick Coherence” technique that can be practiced for 1-2 minutes anytime, anywhere. It’s a technique that reduces effects of stress, increases energy, and improves overall health <https://www.heartmath.org/resources/heart-math-tools/quick-coherence-technique-for-adults/>
- This website has additional stress management tools, apps, and wellness courses Check out Central Peninsula Hospital’s online self care toolkit. <http://www.cpg.org/self-care-toolkit>

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Take a Free Mental Health Assessment!

<https://screening.mhanational.org/screening-tools/>

Visit this link to take a mental health test through a simple online screening from Mental Health America. Following the screening, you will be provided with resources and tools to help improve your mental health.

# Resources Specifically for Teachers!

## Websites

<https://resilienteducator.com>

Content from self-care to teaching tips

<https://www.cta.org/educator>

Helpful strategies for educators to stay healthy working from home

<https://www.mindfulteachers.org/p/self-care-resources.html>

Tips, mindfulness practices and reflections for teachers

<https://www.edutopia.org/video/prioritizing-teacher-self-care>

Articles, videos, and more content about self-care for teachers

## Books

“Moment for Teachers: Self-Care for Busy Teachers”- 101 Free Ways for Teachers to Become More Inspired, Peaceful, and Confident in 30 Seconds” by Alice Langholt

“First Aid for Teacher Burnout: How You Can Find Peace and Success” by Jenny Grant Rankin

“Overcoming Teacher Burnout in Early Childhood: Strategies for Change” by Ellen M. Drollette

“Positive Mindset Habits for Teachers: 10 Steps to Reduce Stress, Increase Student Engagement and Reignite Your Passion for Teaching” by Grace Stevens

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## Support Groups and Organizations

“Happy Teacher Revolution”

Network of teachers promoting wellness using online and virtual training and support group meetings

“Teaching With Mental Health in Mind”

Facebook group providing mental health support for educators who come into daily contact with youth

## Podcasts

“MindShift Podcast”

This podcast talks about the concept of “toxic positivity”, a concept created during Covid 19 where people focus on the good and reject the bad in a way that is unrealistic and gaslighting. It applies to the burnout that teachers face during this time- and how being complimented with no structural support is not beneficial to teachers but harmful

“Teacher’s Aid Podcast”

This podcast focuses on social and emotional support for teachers with discussions led by hosts and educators John Harper and Mandy Froehlich

“The Teacher Self- Care Podcast”

This podcast series features teachers and administrators sharing what self-care looks like for them with host Franchesca Warren