

Center on
GREAT TEACHERS & LEADERS

at the American Institutes for Research® ■

Resources and Bibliography for
*What About You? Strategies for
Supporting Educator Resilience
and Trauma-Informed Self-Care*

Webinar Handout

APRIL 2020



TEACHING AND LEADING IN THE TIME OF COVID-19 (WEBINAR SERIES)



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Resources

- [Greater Good Science Center Guide to Well-Being During Coronavirus](#). Includes resources and articles for individuals, parents, educators, and other professionals facing COVID-19.
- [Greater Good in Education Program](#). Produced by the University of California, Berkley's Greater Good Science Center, offers education professionals practical insights from areas such as social and emotional learning, mindfulness, and related topics for their personal and professional lives. Resources include [Stress Management for Educators](#) and [Trauma and Resilience for Adults](#).
- [COVID-19 Well-Being Toolkit and Resources](#). Developed by the [Center for Healthy Minds at the University of Wisconsin-Madison](#). Includes resources, tips, and guided mediations for supporting well-being for educators, students, and parents.
- [COVID-19 Resources: Taking Care of Yourself in Difficult Times](#). Includes guidelines and strategies for self-care from the American Federation of Teachers.
- [COVID-19 Resources: Helpful Information and Tips for Dealing with COVID-19](#). Offers a comprehensive list of resources from the American Federation of Teachers for navigating the emotional effects of COVID-19, including articles, videos, blogs, and podcasts for dealing with the stress related to coronavirus. Includes resources on self-care, such as [Taking Care of Yourself in Difficult Times](#).
- [Coronavirus \(COVID-19\) Resources for School Communities](#). Resources and free webinars from the Yale Center for Emotional Intelligence for supporting leaders, educators, students, and families.
- [CDC Coronavirus Disease 2019: Stress and Coping](#). Provides explanations and resources to help individuals (parents, caregivers, first responders and other professionals, people with existing mental health challenges) anticipate, prepare for, and manage fear, anxiety, and extraordinary stress. See also [CDC Emergency Preparedness and Response: Taking Care of Your Emotional Health](#).
- [Taking Care of Your Behavioral Health During an Infectious Disease Outbreak](#). (*Spanish language version also available*). Describes feelings and thoughts that individuals may have during and after social distancing, quarantine, and isolation. This SAMHSA tip sheet suggests ways to care for one's own behavioral health in these circumstances and provides resources for more help.
- [Coping with Stress During Infectious Disease Outbreaks](#). (*Spanish language version*). Provides tips for coping with stress during an infectious disease outbreak. This SAMHSA fact sheet describes common signs of stress and how to recognize when to get help.

- [CASEL CARES: SEL Resource During COVID-19](#). Includes webinars and tips for navigating adult and student social and emotional needs in response to COVID-19.
- [Taking Care of Yourself](#). From the National Child Traumatic Stress Network, this checklist offers best practices that individuals can use to maintain awareness, find balance, and connect after a difficult event.
- [National Institute of Mental Health 5 Things You Should Know About Stress](#). Includes information about managing stress, along with resources and hotlines to call if additional support is needed.
- [Mindful.org](#). Includes a variety of guided meditations and mindfulness practices, such as resources and strategies for managing stress related to COVID-19.
- [Pocket Mindfulness. 6 Mindfulness Exercises You Can Try Today](#). This blog presents six simple meditation exercises that can help cultivate mental spaciousness and achieve a positive mind-body balance.
- [Stressing Out? S.T.O.P.](#) This short practice by Elisha Goldstein discusses how creating space in the day to come down from a worried mind can mitigate the negative effects of our stress response.
- [8 Mindfulness Exercises for Dealing with COVID-19](#). These simple exercises can help mitigate and manage our stress response during this time.
- [Teachers, If You're Not OK Right Now, You're Not Alone](#). A first-person account, published by *Education Week*, of an educator adapting to life and work during the coronavirus epidemic.
- Free mindfulness apps:
 - [Stop, Breathe, and Think](#) is a guided meditation app that allows you to choose your own meditation experience and suggests useful meditations based on how you are feeling on that particular day.
 - [Calm](#) includes an array of meditative visuals and soundscapes with quick meditative moments, full guided meditations, and the ability to track your progress.
 - [Smiling Mind](#) provides specific meditation programs for different age groups, ranging from age 7 to adult, including short as well as extended mindfulness exercises.
 - [Insight Timer](#) provides a number of guided meditations and a simple meditation timer you can use anywhere.
 - [Omvana](#) is library of meditation and mindfulness talks by the top professionals in the field.

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