



What About Me?

Nurturing our Mental Wellness
During Uncertain Times
Resource Guide



Personal Wellness

[Greater Good: Self Awareness & Care](#)

[30 Day Gratitude Journal](#)

[Developing Your Self Care Plan](#)

[Sample Self Care Plan](#)

[Adults: SEL Care & Managing Stress](#)

[Self Care for Educators eBook](#)

[Self-Care for Educators](#)

[Compassion Fatigue & Self Care](#)

[Daylio Journal/Mood Tracker App](#)

[Shine: Calm Anxiety & Stress App](#)

[Podcasts, Poetry, Meditations](#)

[Breathe For Change: Wellness, Yoga & Wellness for Educators](#)

[Habitica App](#)

[Productive Habit Tracker](#)

[Wheel of Names](#)

[Wheel of Mindfulness Script](#)

[Boundaries for Parent-Teacher Communication](#)

Informational Videos

[Unlocking the Power of the Vagus Nerve](#)

["Flipping Your Lid" Video](#)

[Bee Breathing](#)

Other Resources

[Self Care Assessment](#)