

## The Value of Educator Self-Care Additional Resources

[Tolerance.org](https://www.tolerance.org/)

[Geneviève Debose](#)

[Shoshana A. Brown](#)

From Dallas ISD:

- [SEL in Action](#) videos
- [Self-care tips for educators](#)
- [SEL resources for educators navigating COVID](#)

From Edutopia:

- [Prioritizing Self-Care While Working From Home](#)
- [Maintaining Work-Life Balance During the Pandemic](#)
- [Curbing Teacher Burnout During the Pandemic](#)
- [Research-Tested Benefits of Breaks](#)

Research/Journal Articles:

- [Counting Blessings Vs. Burdens](#)
- [Manage Stress: Strengthen Your Support Network](#)
- [Mindfulness practice leads to increases in regional brain gray matter density](#)
- [Sharpen thinking skills with a better night's sleep](#)

Other Resources:

- [Why Gratitude is Good](#)
- [Educator Self-Care During a Global Pandemic](#)
- [Practice of Self Board](#)
- [The Healing Power of Art](#)
- [Liberatory Care Practices Resource Library](#)
- [The Missing Ingredient in Self Care](#)
- [Black Teacher Project](#)
- [Abolitionist Teaching Network](#)
- [Liberate App](#)
- [Calm App](#)