

Helping the Helper

Building Resilience Starts with Self-Care

[This resource](#) explains the importance of self-care in building resilience that will benefit educators, and also students. It offers specific self-care components such as:

- relationship connections,
- setting time aside for self-care
- exercising
- getting a good night's sleep



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This [video](#) is a helpful addition to an educator's self-care toolkit. The video offers three strategies to re-center oneself, including a breathing technique, grounding, and positive self-talk.



Improve Teacher Wellbeing

[This resource](#) explores employee health and wellness through a trauma-informed lens by providing a planning toolkit. It also focuses on the impact staff wellness can have on improving employee morale, motivation, and whole-school quality of life.

