

Self-Care Resources

PFA-Schools Provider Care

National Child Traumatic Stress Network

https://www.nctsn.org/sites/default/files/resources//pfa_for_schools_provider_care.pdf

Child Trauma Toolkit for Educators

National Child Traumatic Stress Network

https://www.nctsn.org/sites/default/files/resources//child_trauma_toolkit_educators.pdf

Secondary Traumatic Stress and Provider Self Care in Disaster and Terrorism Settings

National Child Traumatic Stress Network

<https://www.nctsn.org/resources/secondary-traumatic-stress-and-provider-self-care-disaster-and-terrorism-settings>

This webinar discusses the potential for secondary traumatic stress in disaster and terrorism settings as well as strategies for mitigating the potential effects of this work on providers.

Support for Teachers Affected by Trauma (STAT)

USC, NCTSN, UCLA, University of Montana, RAND Corporation

<https://statprogram.org/>

This online training helps educators understand secondary trauma, identify risk factors, explain the impact of secondary traumatic stress, and learn self-care skills.

Self-Care Starter Kit

University of Buffalo – School of Social Work

<http://socialwork.buffalo.edu/resources/self-care-starter-kit.html>

This web page provides general information, a guide for developing a self-care plan, self-care assessments, and exercises and activities.

Stop, Breathe, & Think

Stop, Breathe, & Think, PBC

<https://app.stopbreathethink.org/>

This web page and app provides a tutorial on mediation, a menu of guided meditations, and ways to track your progress in developing a mediation practice.

Care for the Caregiver: Guidelines for Administrators and Crisis Teams

National Association of School Psychologists

<https://www.nasponline.org/resources-and-publications/resources/school-safety-and-crisis/care-for-caregivers-tips-for-families-and-educators/care-for-the-caregiver-guidelines-for-administrators-and-crisis-teams>

This article reviews potential risks and stressors, warning signs of burnout and secondary trauma, and strategies for self-care.

Understanding Educator Resilience & Developing a Self-Care Plan

Readiness and Emergency Management for Schools

<https://rems.ed.gov/TrainingPackage.aspx>

Self-pace training package with handouts.

Mobile Apps

COVID Coach

This app promotes self-care and overall wellness during the pandemic.

Depression CBT Self-Help Guide

This app helps you understand the causes of depression, explains self-help behaviors you can adopt to reduce symptoms, and provides useful self-management tools.

Headspace / Headspace Plus

This app is a meditation tool with hundreds of sessions on physical health, personal growth, stress management, and anxiety relief. This app includes child exercises as well.

PTSD Coach

This app provides users with education about PTSD and tools that can help manage the stress of daily life with PTSD.

Simple Habit

This app provides meditation exercises to de-stress and promote wellness.

Liberate Meditation

This app for the Black, Indigenous, and People of Color community to ease anxiety, find gratitude, heal internalized racism and microaggressions and celebrate Blackness.

Calm

This app provides meditation exercises and strategies for improving sleep.

7 Cups

This app connects users to free emotional support from trained active listeners through text or online chat. It also offers self-help guides you can explore at your own pace.