

April 21, 2020

Resilience and Well-being Resources for Teachers and School Professionals

Taking care of yourself

As teachers, educators, therapists, counselors, social workers and other critical helping professionals, it is often up to us to find ways to practice good self-care.

As you breathe in a few well-deserved moments for yourself, take some time to click through the information below. You will find helpful tools, tips and guidance on taking care of a very important being — you!

Remember that taking good care of yourself is critical to caring well for others.

Below are links to aids for your own well-being in this stressful time:

- [COVID-19 well-being toolkit and resources](#): Weekly meditation and other tips to maintain mental health
- [Mindful breathing](#): A five-minute guide through a mindful relaxation music video
- [Toolkit for teacher's own self-care plans](#): Activities to support resilience and tips for handling difficulties
- [Understanding children's mental health](#): Tips to understand children's mental health
- [Mental health and the classroom](#): Classroom issues around stigma and students with mental health needs
- [Self-care tips](#): Trauma-informed healing practices and self-care information
- [TED talks on stress management and wellness](#): Six-part TED talk series on stress management and wellness
- [Self-Help](#): Free self-paced courses that offer guidance around mental health concerns
- [Looking-After-Yourself](#): Helpful modules to guide self-care

Accessibility: Everyone has a right to know about and use Oregon Health Authority (OHA) programs and services. OHA provides free help. Some examples of the free help OHA can provide are sign language and spoken language interpreters, written materials in other languages, Braille, large print, audio and other formats. If you need help or have questions, please contact Mavel Morales at 1-844-882-7889, 711 TTY, OHA.ADAModifications@dhsosha.state.or.us.