

## **Take Good Care: Prioritizing Teacher and Student Well-Being**

January 20, 2022

- Managing Mental Wellness: Tools for Yourself, Your Students, and Your Classroom, MAEC: <https://maec.org/managing-mental-wellness/>
- Mental wellness apps
  - Breathe: <https://breathe.com/>
  - Calm: <https://www.calm.com/>
  - Headspace: <https://www.headspace.com/>
  - Insight Timer: <https://insighttimer.com/>
  - Moodnotes: <https://thesweetsetup.com/apps-we-love-moodnotes/>
  - ASICS Runkeeper: <https://runkeeper.com/cms/>
  - Smiling Mind: <https://www.smilingmind.com.au/>
- Spark by Gabby: <https://www.sparkbygabby.com/>
- *The Secret to Unlocking the Stress Cycle*, Amelia and Emily Nagoski: <https://www.burnoutbook.net/>
- *How to Sell SEL: Parents and the Politics of Social-Emotional Learning*, Thomas B. Fordham Institute: <https://sel.fordhaminstitute.org/>
- “America doesn’t have enough teachers to keep schools open,” Vox: <https://www.vox.com/the-goods/22868641/chicago-school-closings-omicron-covid-remote-learning>