

SELF-CARE.

CASEL Self-Care

schoolguide.casel.org/focus-area-2/learn/self-care-and-re-energizing/

Healthy Staff Guide

cdn.ymaws.com/www.chronicdisease.org/resource/resmgr/school_health/school_employee_wellness/nacdd_schoolemployeewellness.pdf

Reunite, Renew, and Thrive

casel.org/wp-content/uploads/2020/07/SEL-ROADMAP.pdf

The Science of Well-Being course offered by Yale (no-cost)

coursera.org/learn/the-science-of-well-being?

SHAPE Tips

blog.shapeamerica.org/2019/08/7-self-care-tips-for-health-and-physical-educators/

Wishing you a safe and healthy 2020-2021 school year!



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