

## Miscellaneous Links on COVID and Self-care/Wellness

NAGC - Meeting the needs of gifted learners at a distance

- <https://www.youtube.com/watch?v=lcOPaz0tJhI&feature=youtu.be>

SENG:

- <https://www.sengifted.org/events/senginar-lessons-from-the-practice-room-self-care-strategies-for-parents-of-gifted-children>
- <https://www.sengifted.org/stress>

Mind Matters: <https://www.mindmatterspodcast.com/>

- <https://www.mindmatterspodcast.com/home/2020/4/3/episode-57-the-stresses-of-sheltering-in-place>
- <https://www.mindmatterspodcast.com/home/2020/3/25/episode-56-surviving-and-thriving-in-quarantine>
- <https://www.mindmatterspodcast.com/home/2019/11/20/episode-47-how-to-get-gifted-kids-talking>
- <https://www.mindmatterspodcast.com/home/2019/11/13/episode-46-allowing-for-uncertainty>
- <https://www.mindmatterspodcast.com/home/2019/5/29/episode-33-note-to-self-be-nice-to-me>
- <https://www.mindmatterspodcast.com/home/2018/9/19/episode-18-family-ties-connection-through-communication>
- <https://www.mindmatterspodcast.com/home/2018/7/11/episode-13-regulating-emotions-through-mindfulness>

Cell phone apps for self-care

- [Stop, Breathe & Think](#)
- Calm
- [Insight Timer](#)
- Plantiful Soul
- [Plum Village](#)

Ideas for cell phone apps focusing on self-care

- <https://www.topcounselingschools.org/top-self-help-apps/>
- <https://www.healthline.com/health/mental-health/top-meditation-iphone-android-apps>
- <https://www.developgoodhabits.com/best-mindfulness-apps/>
- <https://www.psychologytoday.com/us/blog/creative-development/201802/5-mindfulness-apps-children>
- <https://www.commonsemmedia.org/lists/meditation-apps-for-kids>

[Crisis Management Institute](#)

- <https://counselors.cmionline.com/resources/>
- <https://parents.cmionline.com/>

Resources on mental health via University of Iowa College of Education, alumni magazine

<https://education.uiowa.edu/news/mental-health-k-12-schools>

<https://education.uiowa.edu/news/covid-19-resources>

NEA Importance of Self-care

<http://neatoday.org/new-educators/importance-of-self-care-as-a-teacher/>

The Resilient Educator Website

<https://resilienteducator.com/classroom-resources/self-care-for-teachers/>

Mindful Teachers Website

<http://www.mindfulteachers.org/p/self-care-resources.html>

Education Week on Self-care

<https://www.edweek.org/ew/articles/2020/02/26/3-misconceptions-about-educator-self-care.html>

ACSD 5 Strategies for Teacher Self-care

<http://www.ascd.org/ascd-express/vol15/num13/5-strategies-for-teacher-self-care.aspx>

NCTSN Resource on working with COVID

(for parents) <https://www.nctsn.org/resources/parent-caregiver-guide-to-helping-families-cope-with-the-coronavirus-disease-2019>

(for educators)

<https://www.nctsn.org/resources/self-care-educators>

NASP Resources

[https://www.nasponline.org/resources-and-publications/resources-and-podcasts/school-climate-safety-and-crisis/health-crisis-resources/helping-children-cope-with-changes-resulting-from-covid-19?ck\\_subscriber\\_id=342989428%c2%a0](https://www.nasponline.org/resources-and-publications/resources-and-podcasts/school-climate-safety-and-crisis/health-crisis-resources/helping-children-cope-with-changes-resulting-from-covid-19?ck_subscriber_id=342989428%c2%a0)

ACA Resources

- <https://www.counseling.org/knowledge-center/mental-health-resources/self-care-resources-for-counselors>

ASCA's list of resources for educators/counselors during COVID:

<https://www.schoolcounselor.org/school-counselors/professional-development/learn-more/covid-update>

ASCA on self-care:

<https://www.schoolcounselor.org/school-counselors/professional-development/learn-more/self-care-tips>

Everyday Self-care for Educators (AMAZON link to book)

<https://www.amazon.com/Everyday-Self-Care-Educators-Strategies-Well-Being/dp/036722979X>

Understood.org - Self-care for teachers

<https://www.understood.org/en/school-learning/for-educators/universal-design-for-learning/practicing-self-care-during-coronavirus-5-tips-for-teachers>