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/stress

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

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.commonsensemedia.org/lists/meditation-apps-for-kids

Crisis Management Institute
- [https://counselors.cmionline.com/resources/](https://counselors.cmionline.com/resources/)
- [https://parents.cmionline.com/](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/mental-health-k-12-schools)
[https://education.uiowa.edu/news/covid-19-resources](https://education.uiowa.edu/news/covid-19-resources)

NEA Importance of Self-care

The Resilient Educator Website

Mindful Teachers Website

Education Week on Self-care

ACSD 5 Strategies for Teacher Self-care
[http://www.ascd.org/ascd-express/vol15/num13/5-strategies-for-teacher-self-care.aspx](http://www.ascd.org/ascd-express/vol15/num13/5-strategies-for-teacher-self-care.aspx)

NCTSN Resource on working with COVID
(for educators)

NASP Resources

ACA Resources
- [https://www.counseling.org/knowledge-center/mental-health-resources/self-care-resources-for-counselors](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)

Understood.org - Self-care for teachers