

Educator Self-Care Resource Guide

A [2022 survey](#) conducted by the National Education Association (NEA) found 74% of educators report [taking on additional duties](#) or filling in for colleagues due to shortages. The most significant cause of the current educational workforce shortages is the [disruption caused by COVID-19](#). Although the global health crisis has waned, the crisis affecting the mental wellbeing and professional burnout of educators remains. Without intervention, teachers and support staff will struggle to balance the increasing demands of work and life and continue to leave the workforce.

This resource guide provides tools to support the self-care and wellness of educators and staff working in school communities.

Self-Care Strategies and Assessments

These activities and self-assessments can be implemented by educators and school staff to manage stressors and develop a self-care routine.

[The 3 Rs for Teacher Self-Care: Reflect. Release. Recharge.](#)

Strategies for teachers to reflect, release and re-charge.

[Stress Management for Educators](#)

A collection of self-care practices to reduce stress and improve well-being.

[Educator Resilience and Trauma-Informed Self-Care](#)

Self-care assessment and planning tools with key strategies to develop resilience.

[15 Ways to Prevent Teacher Burnout](#)

Strategies to prevent teacher burnout and considerations for burnout recovery.

[Restorative Self-Care](#)

A quick guide to regular activities and habits that support a renewal of energy.

Podcasts and YouTube Videos

These podcasts and YouTube videos share the real-life experiences of educators as well as methods to implement self-care and wellness strategies.

[Educator Wellness Podcast - Scanlan Center for School Mental Health at the University of Iowa](#)

An 8-part video podcast series designed to enrich personal wellness practices for educators.

[Harvard EdCast - Harvard Graduate School of Education](#)

A weekly podcast featuring conversations with teachers, researchers, and policymakers.

[Making School Safety a Priority - Teachers Off Duty Podcast](#)

A podcast episode with practical precautions to keep students and staff safe.

[5 Reasons Teacher Self-Care Matters and How to Create Your Own Self-Care Kit](#)

Tips for developing your own self-care toolkit for remote teachers.

Webinars

These webinars can be used by educators, support staff, and the wider educational community to promote self-care and create healthy and supportive work environments.

Self-Care Tips for Teachers

Presented by Breathe for Change, 6/17/2022.

Educator Burnout and Demoralization: How to Support Good Work in Difficult Times

Presented by Mountain Plains MHTTC, 3/15/2023.

Leading Ourselves & School Communities Through and After Crisis Toward Healing

Presented by Southeast MHTTC, 11/8/2022.

When to Plant a Tree: Strategies for Educators Experiencing Survival Mode (Spring Webinar 2022)

Presented by Wellness Together, 6/1/2022.

A Trauma-Informed Approach to Self-Care for Educators and Other Child-Serving Professionals

Presented by Arkansas Building Effective Services for Trauma, 1/26/2022.



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