**Self-Care Strategies**

1. 10 Yoga Poses for Stressed Educators

<https://resilienteducator.com/lifestyle/calming-yoga-poses/>

1. Psychologist Blog on Regulating Emotions during COVID-19 also contains links to free Cognitive Behavioral Therapy Exercises - great for reframing current situation

[https://medium.com/@Tom.Hollenstein/regulating-emotions-in-a-covid-19-world-f3ef394f8294](https://medium.com/%40Tom.Hollenstein/regulating-emotions-in-a-covid-19-world-f3ef394f8294)

1. Several Good Resources on CDC website regarding emotional well-being

<https://emergency.cdc.gov/coping/selfcare.asp>

1. Positive Discipline – Strategies for Educator Self-Care (make sure you use social distancing)

<https://www.positivediscipline.com/articles/self-care-teachers>

1. 4 Mindfulness Strategies for Cabin Fever \*\*\*very good resources – try “Focus on the Five Senses” Activity – Excellent!!!

<http://www.mindfulteachers.org/2020/03/coping.html>

1. 7 Self-Care Strategies for Educators – Edutopia

<https://www.edutopia.org/discussion/7-self-care-strategies-teachers>