

Social-Emotional and Mental Health Resources

Wellness Challenges

[21 Days of Gratitude Challenge](#)

Challenge suggestions, sample flyer, sample behavior tracker and other information.

[Random Acts of Kindness Challenge](#)

Challenge suggestions, sample flyer, sample behavior tracker and other information.

[Mindfulness and Meditation Challenge](#)

Challenge suggestions, sample flyer, sample behavior tracker and other information.

[#IChooseBeauty Challenge](#)

Challenge suggestions, sample flyer, sample behavior tracker and other information.

Videos

[The Happy Secret to Better Work](#)

In this fast-moving and very funny talk, psychologist Shawn Achor argues that happiness inspires us to be more productive.

[How One Act of Kindness a Day Can Change Your Life](#)

Mark Kelly explains how after meeting 5,000 people within recruitment and his podcast guests he has discovered just how powerfully random acts of kindness can impact on happiness, productivity and positive transformations in society.

[Self-Care: What It Really Is](#)

Susannah Winters breaks down self-care myths and discusses the 4 components of self-care that will support your overall wellness: nourishing foods, stillness and movement, time in nature and self-expression.

[Why We All Need to Practice Emotional First Aid](#)

Psychologist Guy Winch makes a compelling case to practice emotional hygiene — taking care of our emotions, our minds, with the same diligence we take care of our bodies.

[The Edge of Compassion](#)

Francoise Mathieu, founder of Compassion Fatigue Solutions and specialist in high stress workplaces, explores ways to find the right balance between caring for others while staying healthy and empathic.

[Beyond the Cliff](#)

Laura van Dernoot Lipsky, founder and director of The Trauma Stewardship Institute, offers us a window into the cumulative toll that can occur when we are exposed to the suffering, hardship, crisis or trauma of humans, other living beings, or the planet itself. Held within a larger context of systematic

oppression and liberation theory, she dives into what gets hard and how to work toward reconciling it both individually and collectively.

[How Chronic Stress Affects Your Brain](#)

This animated TED Ed video discusses how chronic stress impacts the brain.

[Why Mindfulness is a Superpower](#)

This animated video from Happify, narrated by Dan Harris (author of 10% Happier and Meditation for Fidgety Skeptics), quickly explains what mindfulness is and how it helps us.

[Why Our Screens Make Us Less Happy](#)

Psychologist Adam Alter shares why all those hours you spend staring at your smartphone, tablet or computer might be making you miserable and what you can do about it.

Webinars

[Strategies of Trauma Awareness and Resilience \(STAR\)](#)

Lisa Collins, owner of Education Through Engagement, presents STAR. STAR introduces the topic of trauma, provides in-the-moment tools for self-regulation and shares tips for building resilience.

[Crushing Stigma and Creating Mentally Healthy Workplaces](#)

Mettie Spiess, founder of A World Without Suicide, shares practical and best practice strategies for creating supportive, stigma-free workplace cultures and strategies for fostering individual mental health and well-being.

[Resilience Reminders](#)

Lori and Janet of Bright Morning share ways to build, practice and tap into resilience.

Blog Posts

[7 Strategies to Help Manage Stress](#)

You may use this content in a wellness newsletter; please give OEA Choice Trust credit for writing it.

[10 Ready-to-Use Resources for Social-Emotional Well-being](#)

You may use this content in a wellness newsletter; please give OEA Choice Trust credit for writing it.

[Mental Health](#)

You may use this content in a wellness newsletter; please give OEA Choice Trust credit for writing it.

[Humor and Well-being](#)

You may use this content in a wellness newsletter; please give OEA Choice Trust credit for writing it.

[Music Improves Staff Well-being, Student Performance](#)

You may use this content in a wellness newsletter; please give OEA Choice Trust credit for writing it.

[Forest Bathing for Well-being](#)

You may use this content in a wellness newsletter; please give OEA Choice Trust credit for writing it.

Other Resources

[Headspace meditation app](#)

Free for K-12 school employees

[Headspace YouTube channel](#)

Free guided meditations, sleep stories and animated videos

[Calm YouTube channel](#)

Free guided meditations, breath exercises, sleep stories, sleep hygiene tips and soothing music

[Mental Health for Educators](#)

ASCD is making all the stories in this issue of *Educational Leadership* on educator mental health free and open to all users through the end of the school year.

[Planning for the Next Normal at School: Keeping Students, Staff and Families Safe and Healthy](#)

To assist schools in proactively addressing the health needs of the school community, more than 30 nationally recognized and trusted school health organizations have come together to develop a playbook for the school year — “Planning for the Next Normal at School: Keeping students, staff, and families safe and healthy.” This guide aims to equip school and district leaders with specific, evidence-informed guidance and operating procedures for keeping school communities mentally and physically safe as we shape a new approach to learning.

[Helpful vs. Harmful: Ways to Manage Emotions](#)

Mental Health America outlines common ways to cope with emotions and healthy strategies for processing negative emotions.

[Oregon Mind Body Institute](#)

The Oregon Mind Body Institute (OMBI) is a non-profit dedicated to promoting healthy school cultures through work with school staff and students. OMBI staff bring their expertise as psychologists to combine mindfulness and social-emotional learning skills with evidence-based mental health skills in our staff wellness workshops. They also train staff in how to bring mindfulness-based mental health lessons into the classroom in ways that support both teacher and student well-being.

[Bright Morning](#)

Bright Morning is an organization founded by Elena Aguilar, author of *Onward: Cultivating Emotional Resilience in Educators*. Bright Morning helps individuals and organizations remove obstacles to equity, bounce back from adversity, and transform relationships.