



# Resource Spotlight

*A resource brief to support virtual professional learning for division partner staff and families*

## Educator and Family Self-Care

This Spotlight features resources, virtual professional learning opportunities, and family supports for adult well-being and self-care.

### RESOURCES:

- ❖ [\*\*Building a Culture of Staff Wellness Through Multi-Tiered Systems of Supports\*\*](#)  
Center on PBIS practice brief demonstrating how components of PBIS can be used to prioritize staff health and well-being and attract and retain highly qualified educators
- ❖ [\*\*Social-Emotional Wellness: Considerations for Teachers and School Staff\*\*](#)  
VDOE compiled resources and videos for supporting educator self-care and well-being
- ❖ [\*\*Center for Well-Being\*\*](#)  
George Mason University Center for the Advancement of Well-Being research and resources promoting science and practices to help individuals and organizations thrive
- ❖ [\*\*Self-Care and Professionals Resource Guide\*\*](#)  
Early Childhood Training and Technical Assistance System (ECTTAS) guide for reducing the negative impact of stress on educator physical and mental well-being
- ❖ [\*\*Educator SEL Toolkit\*\*](#)  
Transforming Education SEL resources and high leverage practices to support the overall well-being and emotional state of educators in school settings
- ❖ [\*\*K-12 Staff Well-Being Check-In Toolkit\*\*](#)  
Hanover Research resources for understanding, monitoring, and providing tiered supports for educator well-being
- ❖ [\*\*Adult Well-Being\*\*](#) and [\*\*Self-Care Resources\*\*](#)  
TTAC Online resource compilations for educator and family well-being and self-care

### VIRTUAL PROFESSIONAL LEARNING OPPORTUNITIES:

- ❖ [\*\*Self-Care and Compassion for the Educator\*\*](#)  
Northwest PBIS Network and WellEducator, LLC webinar series featuring research, suggestions and exemplars on how to build educator wellness and self-compassion
- ❖ [\*\*Teacher Well-Being\*\*](#)  
CASEL Building Connections series including this webinar on structural supports that enable teacher well-being

### FAMILY SUPPORTS:

- ❖ [\*\*Self-Care for Parents, Family Members and Caregivers\*\*](#)  
TTAC Online compilation of well-being resources for parents, families, and caregivers
- ❖ [\*\*Ways to Make the Holidays Rewarding for All\*\*](#)  
Child Mind Institute resources and tips to support family well-being during the holidays
- ❖ [\*\*Holiday Survival Guide: Tips for Family Events\*\*](#)  
Understood tips for helping children cope and reduce family holiday stress

Visit [TTAC Online](#), [GMU TTAC](#), [VA Family Special Education Connection](#), and [Assistive Technology Network](#)

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