



Resource Spotlight

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

Mental Health and Wellness Resources

- [Resources for Educator Wellness](#)-Solution Tree free reproducible resources for educators' physical, emotional, and mental well-being.
- [Teacher Well-Being Curriculum and Workbook](#)-The Center for Well-being in School Environments (WISE) personalized well-being curriculum and workbook for educators.
- [Wellbeing Tips and Welldoing Tools](#)-The Wellbeing Project tips, tools and strategies for improving personal well-being.
- [Adult Well-Being Skills and Practices](#)-Greater Good in Education resources for cultivating the social, emotional, and ethical well-being of school staff.
- [Adult Well-Being Resources](#)- TTAC Online compilation of resources to support adult well-being.

High Leverage Practices (HLPs)

- [Using MTSS to Support Student Well Being Fact Sheets for Schools](#)-Institute of Education Sciences fact sheets describing how to use MTSS to support mental health social-emotional learning in schools.
- [Connect and Collaborate](#)-CASEL resources for connecting and collaborating with staff, students, and families.
- [SEL for Adults: Self-Awareness and Self-Management](#)-Greater Good in Education resources to support skill development in self-awareness and self-management.

Professional Learning Opportunities

- [Educator Self-Care](#)-Institute of Education Sciences Developing Trauma-Sensitive Classrooms downloadable video, slides, and resources promoting educator self-care.
- [Social Emotional Learning and Teacher Well-being](#)-CASEL Building Connections webinar on structural supports that promote teacher well-being.
- [Tools for Managing Stress and Anxiety](#)-Huberman Lab Essentials video featuring Dr. Andrew Huberman explaining science-based stress management tools and strategies.
- [Stress Reduction: 5 Free, Quick, Science-Backed Strategies](#)-10% Happier Podcast featuring Dr. Aditi Nerurkar describing stress reduction tips and strategies.



Family Supports

- [Virginia Family's Guide to Special Education](#)-VDOE updated state guide, available in many languages, describing what is required during each step of the special education process.
- [Family Resource Hub](#)-Ohio Center for Autism and Low Incidence (OCALI) resource compilation, including family support and well-being.

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