



# Resource Spotlight

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

## Adult Wellness

This Resource Spotlight features adult wellness resources and virtual professional learning opportunities for educators and families to renew and recharge this summer.

### RESOURCES:

- ❖ [Adult Well-Being Resources](#)  
VDOE TTAC online resource compilation of resources to support adult well-being
- ❖ [Six Dimensions of Wellness](#)  
National Wellness Alliance resources to support six dimensions of wellness in personal and work life
- ❖ [How to Recharge at the End of the Year](#)  
Scholastic ideas from four teachers on how to relax, recharge and maximize summer opportunities
- ❖ [Caring for Your Mental Health and Your Healthiest Self: Wellness Toolkits](#)  
National Institute of Mental Health (NIHM) fact sheets, videos, and toolkits to support self-care and well-being
- ❖ [Self-Care Exercises and Activities](#)  
University of Buffalo School of Social Work resources for decreasing stress, maintaining physical health, and augmenting a personal self-care plan
- ❖ [Summer Reset Strategies](#)  
VDOE TTAC Online compilation of strategies to relax and reset anytime, but especially this summer

### VIRTUAL PROFESSIONAL LEARNING OPPORTUNITIES

- ❖ [The Teacher Self-Care Podcast](#)  
The Educator's Room teacher self-care podcast featuring teacher mental interviews with educators around the globe
- ❖ [Self-Care Tips for Teachers](#)  
Breathe for Change virtual workshop demonstrating transformative wellness practices that can be integrated into daily routines to sustain personal self-care
- ❖ [Truth for Teachers Podcast](#)  
Instructional coach Angela Watson bi-weekly audio podcast to help novice and veteran teachers prevent burnout, maintain a positive mindset, and stay energized and engaged

### FAMILY SUPPORTS:

- ❖ [It's a Balancing Act: Reclaiming Yourself Through Self-Care and Wellness](#), May 20, 6:30-7:30 PM  
PEATC webinar providing wellness and self-care strategies for parents of children with disabilities
- ❖ [Wellness Considerations for Parents and Caregivers](#)  
VDOE wellness considerations quick guides, videos, and resources for families
- ❖ [Self-Care Resources for Parents, Family Members and Caregivers](#)  
VDOE TTAC Online compilation of self-care articles, resources, and strategies for families

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

Follow us on [Blue Sky](#), [Linked In](#), [Instagram](#), [Facebook](#)