



180 Days of Self-Care for Busy Educators – By Tina H. Boogren

Access 36 weeks of self-care strategies and techniques, each corresponding with a week of the school year.

Mindfulness Practices: Cultivating Heart Centered Communities Where Students Focus and Flourish – By Christine Mason, Michele M. Rivers Murphy, and Yvette Jackson

Based on the latest neuroscience research, *Mindfulness Practices* details how to use mindfulness to transform the way educators teach and students learn.

Take Time for You: Self-Care Action Plans for Educators – By Tina H. Boogren

Discover a range of thoughtful strategies, self-care surveys, and reflection questions that will guide you in developing an individualized self-care plan.