



Planning for School? Plan for Self-Care, Too

Description: Teachers are great at planning for school. So, maybe it's finally time to use your excellent planning skills in the new school year to plan some self-care!

Link: <https://bit.ly/3R7f6BG>

Teachers: Protecting Your Mental Health

Description: Teaching is one of the most stressful jobs in the country. This is why it is important for teachers to center their mental health as they work with youth. Review these tips on how you can show up for yourself and your colleagues.

Link: <https://bit.ly/3R7fzUs>

