



Dear Academy Members,

We would like to wish all of our members a Happy New Year as we approach 2022. As 2021 draws to a close, we are thankful for your tremendous effort and care in educating and supporting students, faculty, staff and colleagues. For those members who have a break at the end of December, we hope that your break is enjoyable, relaxing and rejuvenating. If you do not have a break, we hope that you can find a moment of rest. Our newsletter this week is dedicated to wellness and self-care.



Self-Care Assessment and Strategies

On their [Self-Care and Re-Energizing](#) webpage, CASEL provides an activity to help educators think about their self-care strategies and links to multiple self-care focused resources.

One resource they include is a [Self-Care Assessment](#) from Mentor that helps educators to consider their areas of strength and areas for growth in caring for themselves.

Another resource is the [Self-Care Exercises and Activities](#) from the University of Buffalo's School of Social Work. This webpage provides a comprehensive list of self-care resources from strategies to avoid compassion fatigue to time management skills.

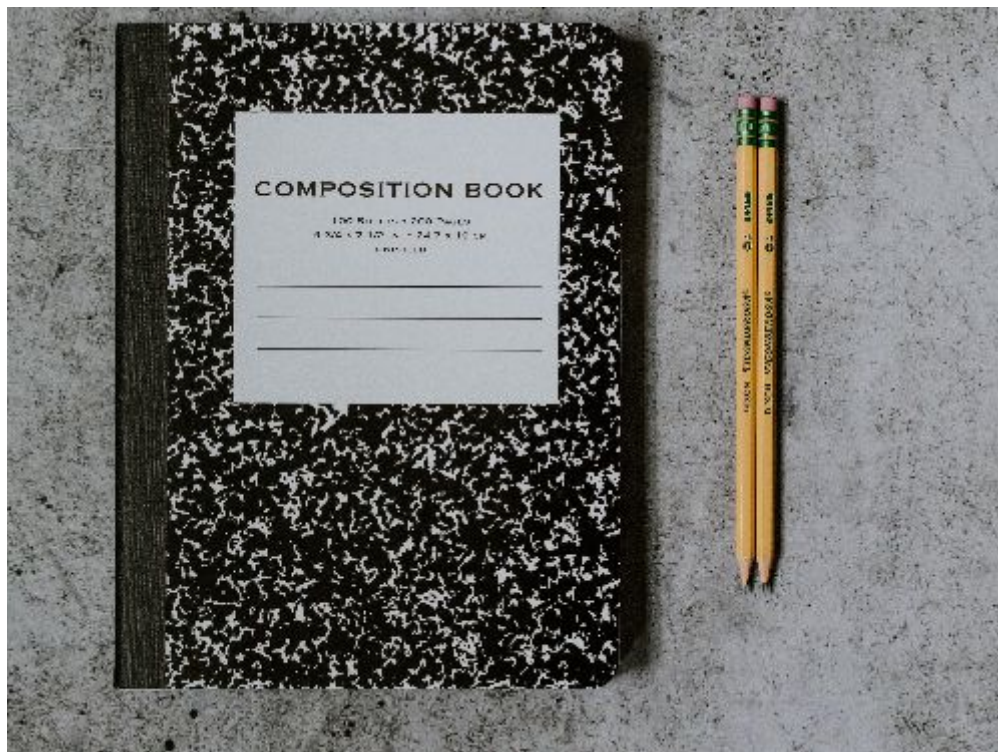
Self-Compassion Resources

1. On their YouTube Channel, Greater Good Science Center shares a short [Self-Compassion Break](#). The Self-Compassion Break is a great strategy for moments when you are feeling overwhelmed or stressed out. After watching the video once or twice, you'll be able to utilize the technique on your own.

2. Greater Good Science Center also provides instructions for how to write a [Self-Compassionate Letter](#) to yourself. Research shows that “participants who wrote a self-compassionate letter every day for a week reported lower symptoms of depression and greater happiness three to six months later.”

Scaling Back

In this [Edutopia article](#), Laura Thomas makes the case for scaling back this school year. She writes that the stress of the past two years has been too much for educators and students alike and advocates for patience, reduced social demands, routines and clear expectations.



On-Demand Webinars

This on-demand and pre-recorded webinar from Responsive Classroom focuses both on how educators can implement self-care for themselves and incorporate self-care into the classroom.

Title: Responsive Classroom Self-Care SELebration

Link:

<https://www.responsiveclassroom.org/courses/webinars/webinar-responsive-classroom-self-care-selebration/>



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