

# Mental Health & Wellness

## ACCESS ALL RESOURCES

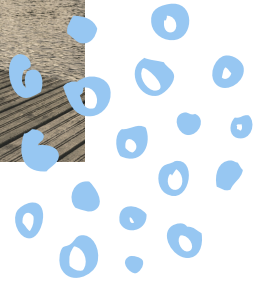
### SELF-CARE

This month is dedicated to one of the components of Self-Care: *self-compassion*.

#### **For you:**

The most important action you can take in supporting your colleagues, students, and families is to take care of your own mental health.

- [Cultivating Self-Compassion through Common Humanity.](#)
- [9 Self-Compassion Exercises & Worksheets for Increasing Compassion](#)
- [Guided Self-Compassion Meditations](#)
- [A Practice of Common Humanity](#)



#### **For students:**

It's important to teach self-compassion to our children – to give them a solid foundation for the future. A foundation for being kind and gentle with themselves and processing their thoughts and feelings without judgment. These are important skills for being a healthy adult and building healthy relationships.

#### **K-Gr. 3**

- [Empower Your Students with Self-Compassion](#)
- [Totally Chill: My Complete Guide to Staying Cool](#)
- [5 Tips for Teaching Your Kids Self-Compassion](#)

#### **Gr. 8-9**

- [Personal Resiliency During COVID19](#)
- [5 Ways to Help Teens Practice Self-Compassion](#)
- [How to Help Teens Become more Self-Compassionate](#)

#### **Gr. 4-7**

- [Self-Care 101](#)
- [Personal Resiliency Tips](#)
- [5 Ways to Help Teens Practice Self-Compassion](#)
- [How to Teach Kids About Their Inner Self Critic](#)
- [Critical Thoughts Practicing Self-Compassion Worksheet](#)

#### **Gr. 10-12**

- [Personal Resiliency During COVID19](#)
- [Tolerance for Uncertainty](#)
- [Self-Care 101](#)