

Faculty Self-Care Resources

- [Radical Self-Care](#) (Kerry Ann Rockquemore in Inside Higher Ed)
- [Self-Care for People of Color after Emotional and Psychological Trauma](#) (JustJasmineBlog) [Mindful Teachers](#) (website)
- [Taking Care of Yourself: Resources to Help with Teacher Self-Care](#) (Association of American Educators webpage)
- [Teachers, Take Care of Yourselves](#) (Education Week webpage)
- [How Self-Compassion Can Help Prevent Teacher Burnout](#) (Greater Good webpage)
- [Top Tips for Stress Management and Self-Care](#) (Education World webpage)