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)