Reflective Reading

Books Focusing on Self Care for Teachers 11.25

The Body Keeps the Score: Brain, Mind and Body in the Healing of Trauma by Bessel van der Kolk .

The Color of Everything: A Journey to Quiet the Chaos Within by Cory Richards

The Deepest Well: Healing the Long-Term Effects of Childhood Adversity by Nadine Burke Harris.

Don't Believe Everything You Think, Expanded Edition: Why Your Thinking is the Beginning and End of Suffering by Joseph Nguyen

Four Thousand Weeks: Time Management for Mortals by Oliver Burkeman

Good Energy: **The Surprising Connection Between Metabolism and Limitless Health** by Casey Means, MD.

The Happiness Project (Revised Edition): Or, Why I Spent a Year Trying to Sing in the Morning, Clean My Closets, Fight Right, Read Aristotle, and Generally Have More Fun by Gretchen Rubin.

Healthy Teachers, Happy Classrooms: **12 Brain-Based Principles to Avoid Burnout, Increase Optimism, and Support Physical Well-Being** by Marcia L. Tate.

An Immense World: How Animal Senses Reveal the Hidden Realms Around Us by Ed Yong

The Let Them Theory: A Life-Changing Tool That Millions of People Can't Stop Talking About by Mel Robbins

Maybe You Should Talk to Someone by Lori Gotleib.

Mindfulness for Teachers: Simple Skills for Peace and Productivity in the Classroom by Patricia A. Jennings.

The Next Day: Transitions, Change and Moving Forward by Melinda French Gates

Onward: Cultivating Emotional Resilience in Educators by Elena Aguilar.

Practicing Presence: Simple Self-Care Strategies for Teachers by Lisa J. Lucas.

Reflective Reading

Books Focusing on Self Care for Teachers 11.25

The Serviceberry: **Abundance and Reciprocity in the Natural World** by Robin Wall Kimmerer

Stop Overthinking: 23 Techniques to Relieve Stress, Stop Negative Spirals, DeClutter Your Mind, and Focus on the Present by Nick Trenton.

We Can Do Hard Things: Answers to Life's 20 Questions by Glennon Doyle, Abby Wambach, and Amanda Doyle

What Happened to You? by Oprah Winfrey and Bruce Perry.