



Reflective Reading

Books Focusing on Self Care for Teachers

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

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

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.

Maybe You Should Talk to Someone by Lori Gottlieb.

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

Onward: Cultivating Emotional Resilience in Educators by Elena Aguilar.

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

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

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