

Healthy Minds Healthy Children

MORE

Mental Health Online Resources for Educators



Educator Self-Care

Self-Care modules focus on empowering you, as a professional, to reflect and consider how to more effectively contribute to your personal and professional wellness.



Popular Modules

- Cyberbullying: Teachers Are At Risk Too**
- Strategies for the Overextended Teacher**
- Wellness: Hitting the Happiness Button**
- Wellness: Bio-Psycho-Social-Spiritual**

"A Native American elder once described his own inner struggles in this manner: 'Inside of me there are two dogs. One of the dogs is mean and evil. The other dog is good. The mean dog fights the good dog all the time.' When asked which dog wins, he reflected for a moment and replied, the one I feed the most."
~ George Bernard Shaw, Playwright

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growing healthy minds, supporting healthy children