



Staff Health and Wellness

- *Happy New Year Calendar* (English, Arabic, Catalan, Chinese, Czech, French, German, Italian, Japanese, Nepalese, Portuguese, Spanish, Turkish)
<http://www.actionforhappiness.org/happy-new-year>
- Free *Ten Keys to Happier Living* posters
<http://www.actionforhappiness.org/happiness-posters>
- *Supporting the Psychological Well-Being of the Early Care and Education Workforce*
<https://www.acf.hhs.gov/opre/resource/supporting-psychological-well-being-early-care-education-workforce-findings-national-survey-early-care-education>
- *Five Ways to Save Yourself from Burning Out*
<https://www.fastcompany.com/90230070/5-ways-to-save-yourself-from-burning-out>
- *Taking Care of Yourself: Resources to Help with Teacher Self-Care*
<https://www.aateachers.org/index.php/blog/1760-taking-care-of-yourself-resources-to-help-with-teacher-self-care>
- *Encouraging Quality in Early Childhood Education and Care Research Brief: Working Conditions Matter*
<http://www.oecd.org/education/school/49322250.pdf>
- *Supporting the Psychological Well-Being of the Early Care and Education Workforce: Findings from the National Survey of Early Care and Education*
<https://www.acf.hhs.gov/opre/resource/supporting-psychological-well-being-early-care-education-workforce-findings-national-survey-early-care-education>
- *Heart-Centered Leadership for Inspired Nature-Rich Early Childhood Programs* archived webinar
<https://www.earlychildhoodwebinars.com/presentations/heart-centered-leadership-people-centered-approach-inspired-nature-rich-work-environments-tina-reeble/>
- *50 Reasons to Take Yourself Less Seriously*
<http://www.dailyinfographic.com/power-of-play>
- *Prioritize Your Wellness*
https://www.nsc.org/Portals/0/Documents/NSCDocuments_Corporate/NSM/2018/public-tipsheet-wellness.pdf (English)
https://www.nsc.org/Portals/0/Documents/NSCDocuments_Corporate/NSM/2018/public-tipsheet-wellness-spanish.pdf (Spanish)
- *Are You Getting Enough Sleep?*
<https://www.cdc.gov/features/sleep/index.html>



NATIONAL CENTER ON
Early Childhood Health and Wellness

- *Preschool Teachers' Responses to Challenging Behavior: The Role of Organizational Climate in Referrals and Expulsions*
<https://files.eric.ed.gov/fulltext/EJ1173675.pdf>
- *Action for Happiness News*
<http://afhnews.org/>
- *Implement a Lifestyle Change Program* curriculum and handouts (English and Spanish)
<https://www.cdc.gov/diabetes/prevention/lifestyle-program/curriculum.html>
- *Work Smarter-Childcare Poster*
<http://cultureofsafety.thesilverlining.com/work-smarter-childcare-poster/>
- *Program Approaches for Staff Wellness*
<https://eclkc.ohs.acf.hhs.gov/video/program-approaches-staff-wellness>
- *Secondary Traumatic Stress: A Fact Sheet for Child-Serving Professionals*
[http://www.nctsn.org/sites/default/files/assets/pdfs/secondary traumatic tress.pdf](http://www.nctsn.org/sites/default/files/assets/pdfs/secondary%20traumatic%20stress.pdf)

Video Links

- Today I Read | What is your Favorite type of Music ? and Why ? | UdhayaSRO | Hashem Al-Ghaili

<https://www.youtube.com/watch?v=Hq51chQOXB8&feature=youtu.be>

- Sesame Street Common and Colbie Caillat Belly Breathe with Elmo

<https://www.youtube.com/watch?v=xH8TWHv0UkU>



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