

Resources for Mindfulness and Self-Care

MINDFUL TEACHERS

www.mindfulteachers.org

MINDFULNESS FOR TEENS

mindfulnessforteens.com

CLASSROOM MENTAL HEALTH

www.classroommentalhealth.org

MINDCHECK

mindcheck.ca

MINDFUL

www.mindful.org

KANSAS CITY MENTAL HEALTH

kansascitymentalhealth.com

BREATHE. EXHALE. REPEAT.

https://www.nytimes.com/2016/11/09/well/mind/breathe-exhale-repeat-the-benefits-of-controlled-breathing.html?_r=0

HOW PEOPLE LEARN TO BECOME RESILIENT

<https://www.newyorker.com/science/maria-konnikova/the-secret-formula-for-resilience>