**Self-Care Resources**

Whether you are a practitioner, graduate educator, graduate student, or work in private practice, it is important to practice good self-care throughout the year. This is especially true-although feels harder to do-during busy, stressful times. Self-care is an important part of our personal professional practice, a key component of prevention for ourselves and the children we serve, and critical to our ability to help others.

When you put self-care on your weekly to do list, you are more likely to follow through. Use these helpful resources to get started.

**Individual Strategies**

* [Solutions to Prevent Burnout](https://www.nasponline.org/multimedia/recordings/podcasts/pages/nasp-dialogues-solutions-for-burnout) (Podcast)
* [Promoting a Work/Life Balance](http://apps.nasponline.org/resources-and-publications/podcasts/podcast.aspx?id=250) (Podcast)
* [Self-Care: The Missing Link in Best Practice (Part I)](https://www.nasponline.org/publications/periodicals/communique/issues/volume-45-issue-4/self-care-the-missing-link-in-best-practice-–-part-i) (Article)
* [Self-Care: The Missing Link in Best Practice (Part II)](https://www.nasponline.org/publications/periodicals/communique/issues/volume-45-issue-5/self-care-the-missing-link-in-best-practice-–-part-ii) (Article)
* [The Resilient School Psychologist](https://www.nasponline.org/publications/periodicals/communique/issues/volume-36-issue-4/the-resiliant-school-psychologist) (Article)
* [Developing Support Systems and Managing Stress (Early Career)](https://www.nasponline.org/resources-and-publications/early-career-professionals/developing-support-systems-and-managing-stress) (Article)
* [Thriving in Graduate School](https://www.nasponline.org/publications/periodicals/communique/issues/volume-45-issue-5/thriving-in-graduate-school) (Article)
* [Care for the Caregiver](https://www.nasponline.org/x39842.xml) (Resource)
* [NASP Find-A-Mentor Program](https://www.nasponline.org/x36082.xml) (Resource)

**Systemic Strategies**

* [Reflective Supervision: A Clinical Supervision Model for Fostering Professional Growth](https://www.nasponline.org/x42147.xml) (Article)
* [Retention Strategies to Support School Psychologists](https://www.nasponline.org/resources-and-publications/resources-and-podcasts/school-psychology/shortages-in-school-psychology-resource-guide/retention-strategies) (Resources)

**Additional Resources**

**Websites**

* [MayoClinic](http://www.mayoclinic.com/health/relaxation-technique/SR00007)  
  Learn how to use relaxation techniques to reduce stress and bring more calm into your life.
* [Headspace](https://www.headspace.com)  
  Live a happier, healthier life with just a few minutes of meditation a day.
* [Mindful](https://www.mindful.org)  
  Mindful celebrates mindfulness, awareness, and compassion in all aspects of life.
* [YogaGlo](https://www.yogaglo.com)  
  Yoga videos and classes from the top yoga instructors.
* [University at Buffalo | School of Social Work](http://socialwork.buffalo.edu/resources/self-care-starter-kit/self-care-assessments-exercises/exercises-and-activities.html)  
  Menu planning, tips to reduce stress, activities and resources to promote good self-care.
* [Yoga Journal](http://www.yogajournal.com/)  
  The ultimate destination for yoga pose how-tos, practice videos, meditation tricks, healthy lifestyle tips and more.
* [Yoga to the People](http://yogatothepeople.com/about-us/podcasts/)  
  Yoga made available to everyone.
* [Verywell Mind](http://stress.about.com/)  
  Strong stress management skills lead to higher levels of happiness and satisfaction.
* [Yoga With Adriene](https://www.youtube.com/user/yogawithadriene) (YouTube)  
  Find a practice that suits your mood or start a journey.

**Apps**

* [Insight Timer](https://insighttimer.com/) - [iPhone](https://itunes.apple.com/us/app/zen-timer-meditation-timer/id337472899?mt=8) and [Android](https://play.google.com/store/apps/details?id=com.spotlightsix.zentimerlite2)
* [Headspace](https://www.headspace.com/) - [iPhone](https://itunes.apple.com/us/app/headspace.com-meditation-mindfulness/id493145008?mt=8) and [Android](https://smart.link/5926045237886?utm_source=headspace&utm_medium=app-badge&utm_campaign=hs-site-footer&site_id=headspace_website&creative_id=headspace_website-hs-site-footer-app-badge)
* Simply Being - [iPhone](https://itunes.apple.com/us/app/simply-being-guided-meditation-for-relaxation-presence/id347418999?mt=8) and [Android](https://play.google.com/store/apps/details?id=com.meditationoasis.Relax1&hl=en_US)
* [Breathe](http://breatheapp.co/) - [iPhone](https://itunes.apple.com/us/app/breathe-daily-breathing-reminders/id976954751?ls=1&mt=8)
* Breathe2Relax - [iPhone](https://itunes.apple.com/us/app/breathe2relax/id425720246?mt=8) and [Android](https://play.google.com/store/apps/details?id=org.t2health.breathe2relax&hl=en_US)
* Chakra Chime - [iPhone](https://itunes.apple.com/us/app/chakra-chime/id386297142?mt=8)
* [Calm](https://www.calm.com/) - [iPhone](https://itunes.apple.com/us/app/calm/id571800810?mt=8) and [Android](https://play.google.com/store/apps/details?id=com.calm.android&hl=en_US)
* [Mind Yeti](https://www.mindyeti.com/) - [iPhone](https://itunes.apple.com/us/app/mind-yeti/id1234068985?mt=8)
* [Smiling Mind](https://www.smilingmind.com.au/) - [iPhone](https://itunes.apple.com/us/app/smiling-mind/id560442518?mt=8) and [Android](https://play.google.com/store/apps/details?id=com.smilingmind.app&hl=en_US)