

Prioritize Staff Wellness

[Click here to learn how to instill hope](#)



[Engage in Joyful Activities](#)



[Take A Self-Compassion Break](#)



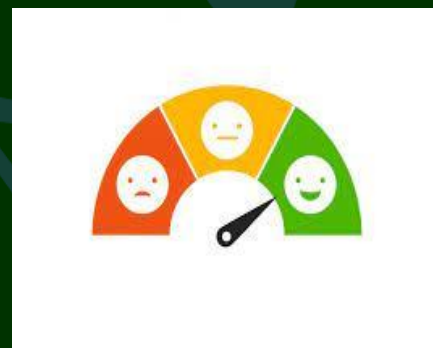
[Create a Web of Support](#)



[Access a Warmline](#)



[Prioritize Sleep'](#)



[Regulate Overwhelming Emotions](#)

[Click here to measure your stress level](#)

[For more strategies visit the SDCOE Virtual Wellness Center](#)

[To find more resources visit the Student Wellness & School Culture Department webpage](#)