

MODULE 6. PROMOTING TEACHERS' MENTAL HEALTH AND WELL-BEING DURING PUBLIC EMERGENCIES

Videos:

- How can we support the emotional well-being of teachers? | Sydney Jensen → <https://www.youtube.com/watch?v=OfCLTQhW9GQ>
- Learn to shine bright- the importance of self care for teachers | Kelly Hopkinson → <https://www.youtube.com/watch?v=5O5QlqlDxjg>
- Supporting educators' mental health during high-stress periods → <https://www.youtube.com/watch?v=BaT8Ghj-KTw>

Articles:

- Kush, J. M., Badillo-Goicoechea, E., Musci, R.J., Stuart, E.A. (2021). Teacher Mental Health During the COVID-19 Pandemic: Informing Policies to Support Teacher Well-being and Effective Teaching Practices. eprint arXiv:2109.01547
- Aperribai, L., Cortabarria, L., Aguirre, T., Verche, E. & Borges, Á. (2020). Teacher's Physical Activity and Mental
- Health During Lockdown Due to the COVID-2019 Pandemic. *Frontiers in Psychology*, 11, 577886. doi: 10.3389/fpsyg.2020.577886
- Baker, C.N., Peele, H., Daniels, M., Saybe, M., Whalen, K., Overstreet, S. & Trauma-Informed Schools Learning Collaborative The New Orleans (2021). The Experience of COVID-19 and Its Impact on Teachers' Mental Health, Coping, and Teaching. *School Psychology Review*, 50, 4, 491-504, DOI: 10.1080/2372966X.2020.1855473