

In order to ensure a strong start to 2020-2021, school systems should attend to the well-being of students and staff.

Addressing the [well-being of students and staff](#) will require that schools:

1. Acknowledge and address the unique end and start of school.
2. Prioritize positive, intentional relationships.
3. Attend to individual students' needs.
4. Respond to student behavior with appropriate support.

This document contains resources to help support the **well-being of school staff**.

Overview

In order to be able to support the well-being of others, [one must first take care of oneself](#). Emotionally supporting the mental health needs of students can lead to teachers experiencing secondary traumatic stress. According to The National Child Traumatic Stress Network, [compassion fatigue](#) is “the emotional duress that results when an individual hears about the firsthand trauma experiences of another.” As a result, it is important that staff are aware of their needs and seek help when needed. The resources below support adults in taking care of their own well-being.

ORGANIZATION	LINKED RESOURCE	DESCRIPTION
Professional Quality of Life Measure (Dr. B. Hudnell Stamm)	The Compassion Satisfaction and Compassion Fatigue Self-Assessment	A self administered screener for professionals who may be at risk for compassion fatigue.
TRAILS	Self-Care During COVID-19 For Student Support Professionals	Provides strategies that help support professionals maintain strength and resilience.
National Association of School Psychologists (NASP)	Care for Caregivers: Tips for Families and Educators	Offers guidance for families and educators that are helping children cope with crises.
NAMI (National Alliance on Mental Illness)	Taking Care of Yourself	The National Alliance on Mental Illness has provided suggestions for personalizing a self-care strategy.

ORGANIZATION	RESOURCE	DESCRIPTION
National Child Traumatic Stress Network	Taking Care of Yourself	Fact sheet from National Child Traumatic Stress Network that outlines ideas for self-care by promoting awareness, balance, and connection.
	Self Care For Educators	Highlights tips for educators on self-care.
	Psychological First Aid for Schools (PFA-S) - PROVIDER SELF-CARE	This handout includes information for providers on stress reactions they may experience when providing support in the immediate aftermath of a crisis and ideas for self-care.
Tulane University School Of Social Work In Partnership With National Mental Health Innovation Center (Nmhic)	Self-Care Resources	The Tulane School of Social Work (TSSW) has created a web site with an array of self-care information along with mental health support hotlines for those who are having an especially difficult time coping with the crisis.