



**CASEL CARES INITIATIVE**  
Connecting the SEL Community

## **Permission To Feel for Adults: Healthy Emotion Regulation During Uncertain and Stressful Times**

### **PANELISTS' RECOMMENDED RESOURCES**

*CASEL CARES Webinar: <https://casel.org/weekly-webinars/>*

#### **From CASEL**

- [Personal Self-Care Assessment](#) - This worksheet for assessing self-care is great food-for-thought, with ideas for supporting ourselves physically, emotionally, and spiritually.
- [Give One / Get Eight Self-Care Activity](#) - This tool from the Guide to Schoolwide SEL helps adults build the emotional intelligence and self-awareness necessary for self care. This includes prioritizing time to rest and unwind, creating supportive routines, and eating foods that nourish us even during our busiest times.
- [Self-Care Circle](#) (Circle Forward, via Greater Good Science Center) This circle protocol can be used with adults or students to center themselves and reflect on and share ways to practice self-care.
- [The Educator Context and Stress Spectrum](#) (Center on Great Teachers and Leaders at AIR) This tool supports educators in gaining a greater awareness of how their current personal and professional context affects their levels of stress in the time of COVID-19.

#### **From Marc Brackett, PhD**

- [Recently Authored Popular Press Articles](#)
- [The Emotion Scientist Blog](#)
- [Permission to Feel Virtual Book Club](#)
- [Mood Meter App](#)