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**