

RESOURCE LIST FOR TEACHERS: PRACTICAL STRATEGIES FOR SELF-CARE

Compiled by Grace Voo | grace@somacounselling.com

Websites

<https://www.anxietybc.com/>

Are you ready to stop letting anxiety push you around? This site provides a rich resource of self-help information and programs.

<http://www.comh.ca/antidepressant-skills/work/workbook>

Antidepressant Skills at Work: Dealing with Mood Problems in the Workplace. This is a resource that assists individuals who are experiencing depression due to workplace problems or individuals who are depressed and experiencing difficulty functioning at work.

<http://www.comh.ca/pchc/>

A free online resource put out by CARMHA (Centre for Applied Research in Mental Health & Addiction). Positive Coping with Health Conditions, A Self-Care Workbook (authored by scientist-practitioners who specializes in issues relating to coping with health conditions).

<http://www.heretohelp.bc.ca/>

A project of the BC Partners for Mental Health and Addictions. They offer online screening tests for managing your depression, anxiety orders, risky drinking, and overall well-being.

<https://mindyourmind.ca/>

Reach out. Get help. A space for young adults to find support when going through tough times.

<http://www.walkalong.ca/>

Walkalong is a mental health companion (and my personal favorite). A web-based portal that helps you track and manage your mental health. From life log charts to lockers to keep your thoughts, assessments, helpful blog posts and resources at the access of your fingertips.

BCTF Health & Wellness Referral: <https://bctf.ca/wellness/>

Kelty Mental Health Resource Centre: <http://kelymentalhealth.ca/education>

Living with Awareness and Compassion: <http://www.mindful.org>

SFU Wellness: <http://www.sfu.ca/students/health/resources/wellness/wellnessquiz.html>

Soma Counselling & Family Resources: <http://somacounselling.com/resources/>

UBC Counselling Services: <https://students.ubc.ca/health-wellness/mental-health-support-counselling-services>

<http://bc-counsellors.org/>

- The BC Association of Clinical Counsellors (BCACC) is dedicated to enhancing mental health all across British Columbia. They are dedicated to providing the highest standard of professional counselling, consulting, assessment, testing and training services. Connect to a Registered Clinical Counsellors (RCC) on the site.

<https://www.ccpa-accp.ca/find-a-canadian-certified-counsellor/>

- The Canadian Counselling and Psychotherapy Association (CCPA) provides a list of Canadian certified counsellors (CCC) on the site.

<https://www.psychologists.bc.ca/>

- The BC Psychological Association (BCPA) provides a list of Registered Psychologists in BC.



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Mindfulness Apps

Headspace Meditation

<https://www.headspace.com/headspace-meditation-app>

Mental Workout

<https://www.mentalworkout.com/>

Mindshift (For iPhones/iPads & Androids)

<https://www.anxietybc.com/resources/mindshift-app>

MindShift provides facts to help you understand anxiety - along with great tools to deal with it. This app presents situations, such as coping with test anxiety or social fears and a ton more.

Stop Think & Breathe (For iPhones & iPads only)

<https://www.stopbreathethink.com/>

This app is a free mindfulness, meditation, and compassion building tool for people to check in with how you're feeling and try short activities tuned to your own emotions.

The Mindfulness App

<http://theminfulnessapp.com/?lang=en>

This Mindfulness App is the perfect tool for anyone looking to improve mental health and overall wellbeing. This app includes guided mindfulness scripts & reminders to stay focused.

Articles & Books

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When Students Are Traumatized, Teachers Are Too. (October 4, 2017). Retrieved from https://www.edutopia.org/article/when-students-are-traumatized-teachers-are-too?utm_source=facebook&utm_medium=socialflow