



Educator health and wellbeing: Put on your own oxygen mask first

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Link to slides: https://learningforward.org/wp-content/uploads/2022/05/Webinar_5-5-22.pdf

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Resources from panelists

From Laura Summers

- [Online Course: 8 Dimensions of Educator Wellness](#)

From Kimberly Dennis

- [Educator Affirmations](#)
- [Self-Reflection Questions and Exercises](#)

From Constance Easton

- [Teacher Wellbeing Resources](#)
- [Book: *Permission to Feel*](#)

Learning Forward resources:

- [View the newly revised Standards for Professional Learning.](#)
- [Read articles from our latest magazine issue: Coaching for Change](#)
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