

# The Science and Foundation of Self-Care in Education

Resource Page for Fall 2025 Session 1 Virtual Workshop

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## ACEs Study

The ACEs study revealed the potential impacts of stress and adversity on our brains and bodies.

- [The Adverse Childhood Experiences \(ACE\) Study](#)
- TED talk by Dr. Nadine Burke Harris: [How childhood trauma affects health across a lifetime](#)

## Neurobiology of Stress

By understanding how stress changes the structure and functioning of our brain, we can become better at recognizing the symptoms of stress and identifying brain-healing solutions.

- [TED-Ed How stress affects your brain](#)
- [The Wise Owl and the Barking Dog Video](#)
- [Burnout: The Secret to Unlocking the Stress Cycle, by Emily and Amelia Nagoski](#)
- [Podcast Interview on Unlocking Us with Brené Brown](#)

## Self-Care & Stress Reduction Activities

Below are a few links to information and strategies for stress reduction. You can find a wealth of similar content on Youtube.

- [6 ways to help your brain heal from stress](#)
- [Self-Care for Educators podcast](#)
- [Virtual calming room](#)
- [Headspace meditation: Feeling Overwhelmed](#)
- [Box Breathing](#)
- [Do Dance Stretch Break](#)
- [Cha Cha Slide](#)
- [5-minute chair yoga](#)
- [10-minute yoga stretch](#)