

Having a Full Cup: Self-Care



Want to know more?

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- *Take Time for You: Self-Care Action Plans for Educators* (using Maslow's Hierarchy of Needs and Positive Psychology) by Tina H. Boogren
- *180 Days of Self-care for Busy Educators* by Tina Boogren
- *The Distance Learning Playbook, Grades K–12: Teaching for Engagement & Impact in Any Setting* by Douglas Fisher, Nancy Frey, and John Hattie
- *Eat, Pray, Love: One Woman's Search for Everything Across Italy, India, and Indonesia* by Elizabeth Gilbert
- *The Crossroads of Should and Must: Find and follow your Passion* by Elle Luna



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Stride