**Self-Care Books for Educators**

Aguilar, E. (2018). *Onward: Cultivate emotional resilience in educators*. Jossey-Bass.

Boogren, T.H. (2020). *180 days of self-care for busy educators*. Solution Tree Press.

Jennings, P.A. (2021). *Teacher burnout turnaround: Strategies for empowered educators*. W.W. Norton & Company, Inc.

Lucas, L.J. (2018). *Practicing presence: Simple self-care strategies for teachers*. Stenhouse Publishers.

O’Drobinak, B., & Kelley, B. (2021). *Teaching, learning, + trauma: Responsive practices for holding steady in turbulent times, grades 6-12*. Corwin Press.

Philbert, C.T., Soto, C., & Veon, L. (2020). *Everyday self-care for educators: Tools and strategies for wellbeing*. Routledge.

Saenz, A.L. (2012). *The power of a teacher: Restoring hope and wellbeing to change lives*. Intermedia Publishing, Inc.

**Additional Boundary Setting Resources for Educators**

Australian Government: Department of Health. (2004). *2.3: Developing and maintaining professional boundaries.* https://www1.health.gov.au/internet/publications/

Bernstein-Yamashiro, B., & Noam, G.G. (2013). Teacher-student relationships: A growing field of study [Special Issue]. *New Directions for Youth Development, 137*, 15-26. https://doi.org/10.1002/yd.20045

Higgins, J. (2018, December 18). *What you’re forgetting when you set boundaries with students.* Presence. https://www.presence.io/blog/what-youre-missing-when-you-set-boundaries-with-students/

Network Support. (n.d.) *5 crucial boundaries teachers must maintain in classrooms*. Professional Learning Board. https://k12teacherstaffdevelopment.com/tlb/5-crucial-boundaries-teachers-must-maintain-in-classrooms/

O’Drobinak, B., & Kelley, B. (2021). *Teaching, learning, + trauma: Responsive practices for holding steady in turbulent times, grades 6-12*. Corwin Press.

Pannock, S.F., & Alberts, H. (2019). *3 self-compassion exercises for helping professionals.* https://positivepsychology.com/wp-content/uploads/3-Self-Compassion-Exercises-Pack.pdf

Pattemore, C. (2021, June 2). *10 ways to build and preserve better boundaries*. PscyhCentral. https://psychcentral.com/lib/10-way-to-build-and-preserve-better-boundaries

Relationships Australia Victoria. (n.d.). *Maintaining personal and professional boundaries: Tips for maintaining professional and personal boundaries in therapeutic work.* https://www.relationshipsvictoria.com.au/resources/tip-sheets/relationships/maintaining-personal-and-professional-boundaries/

Selva, J. (2021, February 24). *How to set healthy boundaries: 10 examples and PDF worksheets.* PositivePsychology.com. https://positivepsychology.com/great-self-care-setting-healthy-boundaries/

The Teaching Space Podcast. (2018, November 8). *Why setting boundaries with your learners is essential and how to do it*. The Teaching Space. https://www.theteachingspace.com/blog/boundaries-learners