**EDUCATOR WELLNESS PLENARY: *Cultivating Your Well-Being***

**Resource Links**

**Multi-tiered Systems to Support Adult Wellness PP**

<https://assets-global.website-files.com/5d3725188825e071f1670246/5f99ea19e6dbc8781b0de205_A3%20-%20Final%20-%20PPT.pdf>

**The Effects of Stress**

<https://www.stress.org/the-effects-of-stress>

**Healthy Mind App**

<https://play.google.com/store/apps/details?id=com.healthyminds&hl=en_US&gl=US>

<https://apps.apple.com/us/app/healthy-minds-program/id1326310617>

**The Plasticity of Mind, Brain & Body**

<https://www.youtube.com/watch?v=6GEG-Lw1Znc&feature=youtu.be&t=915>

**Getting Started with Mindfulness**

<https://www.mindful.org/meditation/mindfulness-getting-started/>

**Positive Neuroplasticity: The Neuroscience of Mindfulness**

<https://www.embodiedphilosophy.com/positive-neuroplasticity/>

**Well at Work: Strategies From Research to the Real World**

<https://www.youtube.com/watch?v=pSFFWT7JbF4&feature=youtu.be&t=901>

**What is Nonviolent Communication?**

<https://www.cnvc.org/learn-nvc/what-is-nvc>