**EDUCATOR WELLNESS PLENARY:**

**Cultivating Your Well-Being: A Self-Care Moment to Reduce Your Stress & Anxiety Through Mindfulness and Movement**

**Resource Links**

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

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

**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>

**Mindfulness Activities**

[15 Mindfulness Activities - Mindfulness Exercises for Anxiety (goodhousekeeping.com)](https://www.goodhousekeeping.com/health/wellness/g32267191/mindfulness-activities/?utm_source=facebook_ign&utm_medium=cpm&utm_campaign=ign_relaxationmindfullness&fbclid=IwAR3BQR5-Y02LeU1H0kW_9IykTn33kGxpH-NsaQZ8v7hki7KpTjxBXLrNCoE)

**14 Health Benefits of Practicing Gratitude According to Science**

[14 Health Benefits of Practicing Gratitude According to Science (positivepsychology.com)](https://positivepsychology.com/benefits-of-gratitude/?utm_source=ActiveCampaign&utm_medium=email&utm_content=%5BPP+Round-Up%5D+The+Science+Behind+Giving+Thanks+%28%2B+Gratitude+Journal+Prompts%2C+Activities%29&utm_campaign=%5BPP+Round-Up%5D+The+Science+Behind+Giving+Thanks+%28%2B+Gratitude+Journal+Prompts%2C+Activities%29)

**Body Scan Meditation to Tame Anxiety**

[Body Scan Meditation (Tame Anxiety) - Bing video](https://www.bing.com/videos/search?q=mindfulness+body+scan&&view=detail&mid=2999E6F16AB46880E7AC2999E6F16AB46880E7AC&rvsmid=8430AC17DBAF476AD4CB8430AC17DBAF476AD4CB&FORM=VDRVRV)

**Progressive Muscle Relaxation**

[Progressive Muscle Relaxation: A Positive Psychology Guide](https://positivepsychology.com/progressive-muscle-relaxation-pmr/)

[**11**](https://www.healthline.com/health/anxiety/yoga-for-anxiety#standing-forward-bend) **Poses for Stress and Anxiety**

[Yoga for Anxiety: 11 Poses to Try, Why It Works, and More (healthline.com)](https://www.healthline.com/health/anxiety/yoga-for-anxiety)