**Wellness and Self-Care Resources**

Welcome to the New Hampshire Department of Health and Human Services (DHHS) Bureau of Childhood Development and Head Start Collaboration’s page for self-care and wellness resources for early childhood education and out-of-school time professionals. The well-being of our children is linked to the well-being and mental health of the adults who care for them. We are committed to supporting early childhood education and out-of-school time providers in their vital roles by offering a comprehensive array of wellness resources and guidance.

Here, you will find a wealth of free and affordable tools, information, and strategies to promote wellness so you can be at your best as you provide high quality care to New Hampshire’s next generation. It is important that as educators and providers, you care for yourselves as you do your youngest learners.

**Resource Library**

Browse the following sections to explore wellness and self-care resources, organized by the eight dimensions of wellness. They are comprised of eight mutually co-dependent dimensions: physical, emotional, intellectual, environmental, spiritual, social, financial, and occupational. A well-rounded balance of these eight dimensions provides harmony to one’s well-being.

If you are in need of mental health support now, please contact NH Rapid Response, available 24/7: 1-833-710-6477.

**Physical Wellness**

* [TeacherWise Teacher Wellbeing Workbook](https://static1.squarespace.com/static/60411ac3e851e139836af5f1/t/6155e14e69ae5761df34cfe0/1633018213269/TeacherWISE_9.30.21-web.pdf) (PDF available)
  + A comprehensive guide for learning about and developing your own personal well-being plan.
* [National Education Association: “Our Bodies: Are We Paying Attention to the Signals?”](https://www.youtube.com/watch?v=Yk5mV3T22d8)
  + Examines the risk factors and resulting health problems that educators are experiencing, as well as provides strategies to improve personal health and mental well-being.
* [University of New Hampshire Hamel Recreation Center Adult Memberships](https://campusrec.unh.edu/facilities/hamel-recreation-center)
  + Utilize UNH’s Recreation Center for adult fitness classes, educational courses, and sport courts.
* [YMCA of Greater Nashua Exercise Classes](https://nmymca.org/programs/group-exercise/)
  + Explore strength training, water exercise, cycling, yoga, Pilates classes and more at the YMCA of Greater Nashua.
* [Derry Parks & Recreation Free Indoor Fitness Classes](https://www.derrynh.org/parks-recreation/news/indoor-fitness-classes)
  + Derry’s Parks & Recreation Department offers several free exercise classes on a weekly basis.
* [Nutrition.gov Exercise Resource List](https://www.nutrition.gov/topics/exercise-and-fitness/exercise-examples-and-videos)
  + Explore a variety of guides and resources on beginning your fitness journey.
* [NIH: Exercising with Chronic Conditions Guide](https://www.nia.nih.gov/health/exercising-chronic-conditions)
  + The National Institute of Health has several articles for advice on exercising with medical conditions.
* [NIH: How Older Adults Can Get Started with Exercise](https://www.nia.nih.gov/health/how-older-adults-can-get-started-exercise)
  + Practice fitness at any age with this guide from the National Institute of Health.
* [Boston Public Health Commission Virtual Exercise Classes](https://www.boston.gov/departments/parks-and-recreation/boston-parks-fitness-series#_023-summer-fitness)
  + No matter where you are located, join these free virtual exercise classes offered by the Boston Public Health Commission.
* [Exhale to Inhale Trauma-Informed Yoga](https://www.exhaletoinhale.org/classes)
  + Free, online yoga classes for all fitness levels.
* [Yoga with Adrienne](https://www.youtube.com/@yogawithadriene)
  + Hundreds of free yoga classes hosted on YouTube.
* [Silver Sneakers Fitness](https://www.youtube.com/@silversneakers/featured)
  + Over 500 free YouTube exercise classes tailored for seniors.
* [More Life Health Seniors](https://www.youtube.com/@MoreLifeHealth/videos)
  + YouTube fitness classes for seniors, including seated exercises and stretching routines.

**Emotional Wellness**

* [Help Guide’s Emotional Intelligence Toolkit](https://www.helpguide.org/articles/mental-health/emotional-intelligence-toolkit.htm) (PDF available)
  + Help Guide offers a free program with tools for managing stress and emotions, improving your relationships, and bringing your life into balance.
* [Happy Teacher Revolution Self-Care Starter Pack](https://www.happyteacherrevolution.com/)
  + 5 free online modules covering lessons like stress reduction, preventing burnout, and more.
* [The Teacher Self-Care Podcast](https://podcasts.apple.com/us/podcast/the-educators-room-presents-the-teacher-self-care-podcast/id1447928063)
  + Over 100 podcast episodes focused uniquely on the topic of teacher well-being.
* [Healthy Teacher Happy Teacher Podcast](https://podcasts.apple.com/us/podcast/healthy-teacher-happy-teacher/id1441670247)
  + A podcast dedicated to helping teachers feel better from the inside out.
* [Mental Health America: Protecting Your Mental Health as Teachers](https://mhanational.org/teachers-protecting-your-mental-health)
  + Mental Health America’s comprehensive list of strategies for teachers to prioritize their mental health.
* [Eliminate Stigma's Compassion Resilience Toolkit](https://eliminatestigma.org/wp-content/uploads/CompassionResilience_Introduction_School.pdf) (PDF available)
  + Learn how to build a “a reservoir of well-being" to be your best in and out of the classroom.
* Buffalo.edu [Maintenance Self-Care Planning Sheet](https://socialwork.buffalo.edu/content/dam/socialwork/home/self-care-kit/my-maintenance-self-care-worksheet.pdf) (PDF available)
  + A worksheet for planning your self-care routines.
* [Opportunities Exchange: Guide to Starting a Shared Services Network](https://static1.squarespace.com/static/5f4d7a7ef6c82325c5ec80c0/t/604f7ece939534526388d311/1615822543865/OppEx_2021_SSA_Start+Up+Guide.pdf) (PDF available)
  + Guidance for sharing wellness or mental health resources with other providers to minimize costs.
* [ACF’s "Caring for Yourself Foundational to Caring for Others" Webinar](https://www.youtube.com/watch?v=p1xmx5ZCL_I&t=4868s)
  + This webinar focuses on policies and strategies for use by technical assistance providers and child care professionals to increase mindfulness and self-care.
* Mental Health Screeners:
* [Mental Health America: Take a Mental Health Test](https://screening.mhanational.org/screening-tools/)
* [Here to Help Online Screeners](https://www.heretohelp.bc.ca/screening/online/)
* [Mental Health America Stress Screener](https://www.mhanational.org/get-involved/stress-screener)
* [Center on Great Teachers & Leaders Educator Resilience and Trauma-Informed Self Care Self-Assessment and Planning Tool](https://gtlcenter.org/sites/default/files/Educator-Resilience-Trauma-Informed-Self-Care-Self-Assessment.pdf) (PDF available)
* Therapy and Support Services:
* [BetterHelp Online Therapy](https://www.betterhelp.com/)
  + Get matched with a licensed therapist who can help with a range of issues including depression, anxiety, relationships, trauma, grief, and more. Services are all virtual.
* [Talkspace Online Therapy](https://www.talkspace.com/)
  + Receive support from a therapist no matter where you are located thanks to Talkspace’s virtual therapy services.
* [Community Mental Health Centers](https://nhcbha.org/)
  + New Hampshire's ten community mental health centers serve individuals who are living with and recovering from mental illness.
* [NH Coalition Against Domestic and Sexual Violence](https://www.nhcadsv.org/support-services--programs.html)
  + Free and confidential victim support services, including financial support, emergency domestic violence shelters, and prevention education programming.
* [Plymouth, NH Bridge House](https://tbhshelter.org/)
  + Provides information and referral, emergency shelter, food, job training, transitional living support, and aftercare to individuals and families.
* [Whole Village Family Resource Center](https://www.graniteuw.org/our-work/granite-united-way-initiatives/whole-village)
  + Helps to connect families in Plymouth and the 18 surrounding towns in the region to the support and resources they need.

**Intellectual Wellness**

* [The Open University](https://www.open.edu/openlearn/free-courses)
  + Explore hundreds of free online courses on a range of topics to stimulate your mind and become a lifelong learner.
* [Happify's A Get-it-Done Guide to Goal-Setting: A Webinar with Caroline Miller](https://www.happify.com/hd/a-get-it-done-guide-to-goal-setting-webinar/)
  + Find out how to clearly define your goals and break them down into actionable tasks, avoid the most common goal-setting mistakes that block success, and decrease stress and boost your mood by setting goals.
* [New Hampshire Public Library](https://librarytechnology.org/libraries/public.pl?State=New%20Hampshire)
  + Reading for pleasure can be instrumental in keeping your mind engaged and improving your intellectual wellness.
* [S.M.A.R.T. Goals](https://www.mindtools.com/a4wo118/smart-goals)
  + Goal-setting can provide the motivation and focus you need to be successful. Read the linked article to learn more about how to set S.M.A.R.T. goals for yourself.
* Sudoku or crossword puzzles
  + Puzzles and games like Sudoku or crossword puzzles can stimulate your mind, and increasing your ability to work through these activities can maintain and build your intellectual wellness
* [Freakonomics Podcast: How to Be More Productive](https://freakonomics.com/podcast/how-to-be-more-productive/)
  + Want to learn how to tackle your goals and boost your productivity? Listen to this podcast to gain tips and inspiration.
* [Learning a new language with Duolingo](https://www.duolingo.com/)
  + Whether it’s for upcoming travel or just for fun, learning a new language is an excellent way to keep your brain active and gain a new skill.

**Environmental Wellness**

* [New Hampshire State Parks](https://www.nhstateparks.org/)
  + Nature is waiting for you! Browse the many activities New Hampshire’s state parks offer.
* [National Institutes of Health Environmental Wellness Toolkit](https://www.nih.gov/health-information/environmental-wellness-toolkit)
  + Explore information and resources on how to live in harmony with your environment.
* [Volunteering with the Nature Conservancy](https://www.nature.org/en-us/get-involved/how-to-help/volunteer/)
  + Help support a nonprofit working in New Hampshire to protect the natural beauty the state offers.
* [Visiting a Wildlife Sanctuary in New Hampshire](https://www.nhaudubon.org/lands/sanctuaries/)
  + Explore the many wildlife reserves located around the state that are open to the public.

**Spiritual Wellness**

* [Calm: The #1 App for Meditation and Sleep](https://www.calm.com/)
  + Explore guided meditations and ambient music for better sleep or staying calm throughout the day. If you are a business owner, consider buying a Calm business membership to support the wellness of your whole staff.
* [Headspace: Meditation and Sleep Made Simple](https://www.headspace.com/home?_stsgnoredir=1)
  + Practice assisted mediation with calming music to stay balanced and peaceful.
* [Spiritual Wellness Toolkit](https://www.takingcharge.csh.umn.edu/develop-your-spiritual-resources)
  + Consider these tools and tactics as you work to improve your spiritual wellness.
* [Vantage Fit’s Spiritual Wellness for Employees Guide](https://www.vantagefit.io/blog/spiritual-wellness-activities/)
  + A list of simple activities you can engage in to feel grounded.
* [Try a gratitude journal](https://ggia.berkeley.edu/practice/gratitude_journal)
  + Follow these guidelines to implementing this meaningful and simple daily practice.

**Social Wellness**

* [NH YWCA Support Groups](https://ywcanh.org/support-groups/)
  + Offers free, in-person support groups for domestic violence and sexual violence.
* [National Alliance on Mental Illness NH Support Groups](https://www.naminh.org/support-groups/)
  + NAMI of New Hampshire offers both in-person and virtual support groups facilitated by a professional centered around a variety of topics.
* [Family Tree Wellness Support Groups](https://www.familytreewellness.org/groups)
  + Virtual support groups for parenting support and fertility challenges.
* [Battered Not Broken H.E.A.L. Support Group](https://www.batterednotbroken.org/h-e-a-l-women-support-group)
  + Virtual support group for women affected by trauma.
* [Working Momkind Blog](https://workingmomkind.com/)
  + A community on a mission to empower, showcase, and support the hard work and talents of moms around the world.
* [Mothers of Preschoolers](https://www.mops.org/about-us/)
  + Offers meetups for mothers and online groups to connect with other mothers and share advice and support.
* [Parents Helping Parents](https://www.parentshelpingparents.org/schedule)
  + Share parenting experiences in support groups focused on a variety of topics, including parenting children with special needs or parenting as a person of color.
* [Circles: Online Groups for Emotional Support](https://circlesup.com/)
  + Explore online support group meetings and communities for finding support through mental health challenges.

**Financial Wellness**

* [Mint: The #1 Most Downloaded Personal Finance App](https://mint.intuit.com/)
  + Manage your budget, bills, savings, and more all in one app with Mint.
* [American Saving Education Council](https://www.asec.org/by-goals#block-9d1ddd3919c713de2728)
  + The ASEC offers dozens of resources and guides on all aspects of financial wellness, from paying for college to a beginner’s guide to investing.
* [NerdWallet](https://www.nerdwallet.com/?trk=nw_gn_6.0)
  + Access the best financial information on banking, loans, small businesses, insurance, and more with NerdWallet’s resources.
* [MoneyManagement.com Educational Webinars](https://www.moneymanagement.org/education/webinars)
  + Free webinars on a range of financial topics, offered in Spanish and English.
* [StudentAid.gov](https://studentaid.gov/)
  + All you need to know about student loans, grants, and forgiveness programs.
* [MyMoney.gov](https://www.mymoney.gov/mymoneyfive)
  + Learn more about the five principles of money: earning, saving and investing, protecting, spending, and borrowing.
* [Napkin Finance](https://napkinfinance.com/courses/)
  + This educational site provides articles and modules on all things finance, including investing, retirement, and how to prepare financially for having children.
* [Check out a book on financial wellness](https://planswell.com/blog/best-financial-literacy-books/)
  + Books covering financial topics can be an excellent tool for boosting your knowledge and learning about new tips and strategies for managing your finances. This list is a great starting place!

**Occupational Wellness**

* [National Education Association: Educational Support Professional Workshop](https://www.nea.org/professional-excellence/professional-learning/resources/esp-webinar-wellness-skills-self-care-and-health-educational-support-professionals)
  + This training offers simple healing skills for self-care and for promoting health and wellbeing for Educational Support Professionals (ESPs), but lessons are applicable to all types of educators.
* [National Education Association: “Avoid the Burnout: How Taking Care of You is the First Step in Meeting the Needs of the Student”](https://www.youtube.com/watch?v=z8hTG7HuLLg)
  + Topics cover how to balance demands, how to make time for yourself, and how to use mindfulness to avoid burnout and continue to meet the needs of your students.
* [Total Wellness Occupational Wellness Resources](https://www.totalwellnesshealth.com/resources/)
  + Explore numerous free resources for boosting wellness in the workplace, whether it’s for yourself or your staff or coworkers.
* [Department of Health and Human Services Workplace Well-being Resources](https://www.hhs.gov/surgeongeneral/priorities/workplace-well-being/resources/index.html)
  + Are you a director or owner of a program? Consider these tips and resources for improving the culture at your program.
* [Consider starting a Mental Health Employee Resource Group at your program](https://uploads-ssl.webflow.com/6010e149d9130a63e7b78adb/6363e94743a6e43e2d122761_AGuidetoBuildingaMentalHealthEmployeeResourceGroup.pdf) (PDF available)
  + Help create community and support networks at your workplace by following this guide to create an Employee Resource Group specifically for mental health.