



We've got your back this school year: Supporting teacher and staff well-being

Set the right tone for the school year by making well-being a priority.

Research shows the state of your well-being can influence your relationships with students and your ability to manage the classroom.* It can also affect your students' attendance and achievements. When you're happy and healthy, everyone wins.

Kaiser Permanente Thriving Schools provides many tools and resources to help you support and enhance teacher and staff well-being:

Professional Development

- Use the 4-part eLearning series, "[Filling Your Cup: Comprehensive Self-Care Strategies Curriculum](#)," with [companion guide](#) to moderate discussions and activities. To get started, you'll be prompted to create a free account.
- Identify your "why" for the upcoming school year with the [Reflect on Meaning](#) survey.
- Relieve stress, get energized, and stay engaged throughout your professional development by watching [RISE UP mini-training videos](#).

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Relationship Building

- Find inspiration and recommendations for building personal connections with others in the [Promoting Positive Staff Relationships](#) blog post.
- Build and maintain meaningful relationships with your colleagues with ideas from the [Get Connected guide](#).
- Determine how psychological safety can be improved at your school by taking the [Building Psychological Safety](#) assessment.
- Create and implement a regular culture of appreciation with ideas from the [Building a Sustainable Gratitude Practice in Your School Community](#) guide.

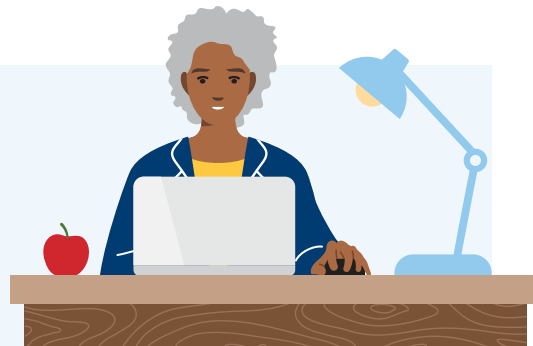
Well-Being Strategy Development for School and District Leaders

- Identify strengths and opportunities for improving policies and practices to support a healthy school community with the [Thriving Schools Integrated Assessment](#).
- Learn about the impact mental health and wellness can have at school and how to support your colleagues with [Mental Health Awareness Training](#).
- Create lasting lifestyle changes and get better sleep with the [Healthy Lifestyle](#) and the [Rest and Revive](#) toolkits.

Personal Health Support for Everyone

- Learn ways you can take care of your body, mind, and spirit with the help of self-care [wellness tools](#) – including apps, videos, and more.
- Find resources that can help you or someone you know meet basic daily needs – like housing, food, child care, and more – at the [Community Support Hub](#).

For more information about the tools and resources available to you, visit [Kaiser Permanente Thriving Schools](#).



*Benjamin Dreer, "On the outcomes of teacher wellbeing: a systematic review of research," *Frontiers in Psychology*, July 27, 2023.