

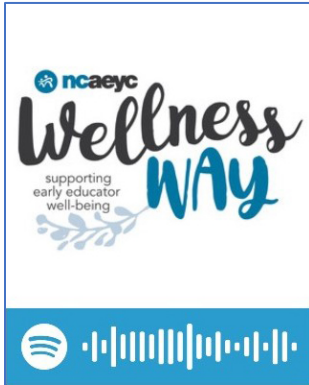
NCAEYC Wellness Way Webinar featuring Rosie Molinary

What Do I Need Right Now More Than Anything Else: A Self-Care Check-In During Uncertain Times

[Recording of April 1, 2020 webinar](#)

[Recording of April 3, 2020 webinar](#)

In our roles as early childhood education professionals the challenges of the COVID-19 (coronavirus) have had a significant impact on you individually and our field as a whole. These are unprecedented times and the physical and psychological impact are significant. With “What Do I Need Right Now More Than Anything Else,” we are offering you the opportunity to slow down and check-in with what you are experiencing, be guided in some self-calming practices, find solace in a community who understands what you are experiencing, and discern what it is that you need right now while making a simple plan to offer yourself care. Led by [Rosie Molinary](#) and sponsored by the Blue Cross and Blue Shield of North Carolina Foundation. Please have a pen and journal/paper available.



<http://ncaeyc.org/listen-to-our-wellness-way-spotify-playlist/>

Here’s a very special playlist to make early educators and children smile, breathe, relax, stretch and be inspired!

We are using Spotify to share this playlist—a free account is easy to set up on any device so you can access four hours of great music. From our web link or the Spotify app tune into “NCAEYC Wellness Way” to access the playlist. Enjoy!



Conscious Discipline®

<https://consciousdiscipline.com/>
COVID-19: Resources for Families
and Educators
Safety. Connection. Problem-Solving.

Trauma-Informed, Evidence-Based Social Emotional Learning from Dr. Becky Bailey

Self-Care Resource List by Rosie Molinary



rosiemolinary.com

Loving Kindness Meditation

May I be safe.

May I be free from suffering.

May I be happy.

May I be healthy.

May I live with ease.

May all be safe.

May all be free from suffering.

May all be happy.

May all be healthy.

May all of us live with ease.



A non-profit called Equuvation has compiled [this list of CRISIS RESOURCES.](#)



**MINDFUL
LEADER**

[COVID-19: Community Resource Hub \(updated weekly\)](#)

This comprehensive list compiled by Mindful Leader includes a wide variety of wellness and well-being resources is updated weekly.



[Top Ten Wellness Resources Trending on Social Media](#)

A compilation of the top wellness resources that can help you be more mindful and instill well-being.

[The Power of Breathing Patterns: End Anxiety and Re-inspire](#)

This featured resource below from Mindful Leader highlights the critical importance of being very aware and intentional of our breathing patterns.

This is a recording of Max Strom at the 2019 Mindful Leadership Summit. With the rise of stress and anxiety in the world that is stifling happiness, meaning, and connection with each other, it might seem that something as simple as breathing patterns couldn't possibly help. In this session, you will learn how scientific research and experience with tens of thousands of people around the world has found that utilizing conscious breathing patterns for a few minutes every day is the most productive approach for creating immediate relief from stress, anxiety, and depression.

Books

[Atomic Habits: An Easy & Proven Way to Build Good Habits & Break Bad Ones by James Clear](#)

[Burnout: The Secret to Unlocking the Stress Cycle by Emily Nagoski and Amelia Nagoski](#)

[Do Less: A Revolutionary Approach to Time and Energy Management for Busy Moms by Kate Northrup](#)

[The Miracle Morning: The Not-So-Obvious Secret Guaranteed to Transform Your Life Before 8AM by Hal Elrod](#)

[Slow: Simple Living for a Frantic World by Brooke McAlary](#)

[Soulful Simplicity: How Living with Less Can Lead to So Much More](#)

[Present Over Perfect: Leaving Behind Frantic for a Simpler, More Soulful Way of Living by Shauna Niequist](#)

Podcasts

[100% Guilt-Free Self-Care](#)

[Body Kindness](#)

[CTZN](#)

[Edit Your Life](#)

[The Happiness Lab](#)

[Curvy Yoga](#)

[Needy](#)

[Simply Said](#)

[Self Care Sundays](#)

[Selfie](#)

Meditation, Self-Care and Therapy Apps

[Calm](#)

[Fabulous](#)

[Headspace](#)

[Talkspace](#)

[QuarantineRX](#) randomly generates self-care suggestions.

Virtual Courses

[The Science of Wellbeing](#) (offered for free on Coursera)



BLESSING THE BOATS
(AT ST. MARY'S)

MAY THE TIDE
THAT IS ENTERING EVEN NOW
THE LIP OF OUR UNDERSTANDING
CARRY YOU OUT
BEYOND THE FACE OF FEAR
MAY YOU KISS
THE WIND THEN TURN FROM IT
CERTAIN THAT IT WILL
LOVE YOUR BACK MAY YOU
OPEN YOUR EYES TO WATER
WATER WAVING FOREVER
AND MAY YOU IN YOUR INNOCENCE
SAIL THROUGH THIS TO THAT

LUCILLE CLIFTON