**Harmony/Inspire Educator Social Emotional Wellness Tools**

[Module for Dealing with Teacher Stress, includes trainer guide and resources](https://online.inspireteaching.org/modules/coping-teacher-stress/)

On-Demand Webinars are listed here:

**Permission To Feel: Unlocking The Power Of Emotions To Help Our Kids, Ourselves, And Our Society Thrive:** <https://www.youtube.com/watch?v=evHB3LuS20k&feature=youtu.be>

**Filling Your Cup: Comprehensive Self-Care Strategies for the Educator:** <https://www.youtube.com/watch?v=31OmmU6tmHI>

* The Neuroscience of Stress
* Mindfulness for Educators
* Permission To Feel: Unlocking The Power Of Emotions To Help Our Kids, Ourselves, And Our Society Thrive
* Filling Your Cup: Comprehensive Self-Care Strategies for the Educator

All can be found on our webinar website with one click 😊: <https://www.inspireteaching.org/webinars/>

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