

LIVING LIT. REVIEW - MEDIA RESOURCES

What's the resource?	Why is it worthwhile?	Where can we find it? (provide link if possible)	Recommender's name
On Being website The Disease of Being Busy	Blogs, podcast interviews by Krista Tippett w/thoughtful people, beautiful poetry, and more on mindfulness	onbeing.org The podcasts are also available for free on iTunes if you like to listen on your phone.	Cindy
Metta Hour podcasts	Sharon Salzberg "brings Buddhist wisdom to everyday life in a practical, common sense vernacular."	Metta Hour podcasts These are also available for free on iTunes if you like to listen on your phone.	Cindy
TED Radio Hour podcasts	These podcasts are organized around themes like happiness, work, listening, endurance, disruptive leadership, slowing down, etc. The host, Guy Raz, interviews TED speakers on the theme and includes excerpts of their TED talks.	TED Radio Hour These are also available for free on iTunes if you like to listen on your phone.	Cindy
Cindy's "Teacher as Human Being" extra credit for her self-care badge from her CSU composition class	I use a digital badging format for my advanced composition class with preservice teachers. I made this (non-academic) badge to remind them to take a break and be a person.	Teacher as Human Being badge	Cindy
Tara Brach podcast	Free mindfulness / buddhism talks and meditations. Sometimes I listen to this on the way to work and it gets me in a great mindset to start the day.	https://www.tarabrach.com/	Rob
Kelly McGonigal TED Talk "How to Make Stress Your Friend"	Short talk from a psychologist on new research about how your perception of stress affects how stress does or does not damage your body.	How to Make Stress Your Friend	Beth
"The Happy Secret to Better Work" by Shawn Achor	Anchor discusses how we are prone to what we learned is "negativity bias" and ways to combat that. This is a resource accessible by kids as well.	The Happy Secret to Better Work	Jamie

Rick Hanson	PDF referenced in Jessica's talk (also a TED talk)	Taking in the Good pdf	Emily
Joe Krauss	Google executive talks about a culture of distraction due to hand held smart technology	We're Creating a Culture of Distraction	Beth
"25 Gratitude Prompts"	May help with starting your own gratitude journal and journaling with students.	25 Gratitude Prompts	Jamie
"The Space Between Self-Esteem & Self Compassion," Kristin Neff	How do we practice self compassion?	The Space Between Self-Esteem & Self Compassion	Emily
NPR-Morning Edition: Teachers are Stressed and that Should Stress us all.	Speaks of overworked teachers and practicing mindfulness. A book "Mindfulness for Teachers" is recommended	Teachers are Stressed and that Should Stress Us All	Melissa
Creativity Challenge Community	A teacher's implementation of C3 Mindfulness program in Denver. Resources and information on how the program worked in the Denver public school.	C3 Mindfulness Program	Melissa To learn more: 303-725-2626 and LinkedIn
Krista Tippett's Civil Conversations Website	This site offers examples and tips about how to engage in difficult conversations with people we may have fundamental disagreement with.	www.civilconversationsproject.org	Molly
Poetry Daily	A good poem every day	http://poems.com/	Jack
Second Letter Salon (Blog) Beth's Picks: Upcoming Events of Note	In the right hand column of Beth Lechleitner's blog, Beth keeps a list of upcoming literary events in Northern Colorado	Second Letter Salon blog	Jack
App - Meetup -Mindfulness in Fort Collins	Meet with others in the community once a month and work together to practice various mindful techniques. We have done vision boards, mindful cards, goal setting, etc.	Google Play Store Apple App Store	Melissa
A Year of Being Here	These people collected a mindfulness poem every day for a year and then turned it into a book.	http://www.ayearofbeinghere.com/ https://poetryofpresencebook.com/	Jack
The Happiness Planner	A planner designed to help with daily scheduling as well	https://thehappinessplanner.com	Yanesia Downing-Long

	as adopting a positive and grateful attitude while building resilience.		
Mindfulness Centered Games for classroom/student use	Teaches and engages children and teens in critical mindfulness skills through cooperative gameplay. Flip a card, practice the mindfulness activity on it, then flip it over.	Mindful Games	Robert L.
Dr. Kristin Neff's Self-Compassion website	Contains the Self-Compassion and Resiliency quizzes recommended in <i>The Gifts of Imperfection</i> (p. 61) along with research-based practices, meditation guides, and more.	http://self-compassion.org/	Skye
<i>Zen and the Art of Public School Teaching</i> by John Perricone	Perricone invites the reader/teacher to tap into his or her self and to recognize that sustainable teaching comes first from knowing who you are and bringing that to the classroom.	Available on Amazon	Stephen Hlawaty
"Bored Teachers" Website	A website full of teacher humor. Cartoons, blog posts, captioned photos/memes and more. This isn't a "serious" source, but one that can add a little play or fun to your day.	Boredteachers	Beth Bratschun
Mindful English Teacher blog	Includes some mantras for dealing with a difficult student.	Mindful English Teacher blog	Beth Bratschun
<i>Catalog of Unabashed Gratitude</i> by Ross Gay	A book of poems, the focus of all being thankfulness.	Catalog of Unabashed Gratitude - Book from Amazon Catalog of Unabashed Gratitude - Poem in print Catalog of Unabashed Gratitude - Spoken by author	Skye
"The Best Comedy Podcasts on Earth"	This resource provides some options for adding laughter to our lives. It is a review of a variety of 30-minute podcasts reflective of various senses of humor.	"The Best Comedy Podcasts on Earth"	Anne
"12 Rules for Life" by Megan McArdle	This is a delightful article that provides some	"12 Rules for Life"	Bradford Lardner

	perspective on living a sustainable life.		
"Building Resilience as a New Teacher"	Simple, easy to implement strategies for self (and for classroom use); clear direction for struggling or new teachers.	"Building Resilience as a New Teacher"	Tara
Teacher Wellbeing Podcast by Ellen Ronalds Keen	This podcast seeks to inform the conversations surrounding teacher burnout, well-being, and healthy working environments.	Teacher Wellbeing Podcast	Stephen Hlawaty
<i>Learner's Edge</i> : A Website Founded by Teachers. Dedicated to Learning	Shares teacher advice that may be helpful to teachers and highlights some exceptional coursework.	Putting YOU First!	Steven Ray Parker
Mindfulness App	Inexpensive. Free meditations offered. In App purchases for different meditations. There are programs to use in schools. Cool timer with/without interval bells. Daily reminders and notifications are optional. Integrates with Apple Health App.	Available in App Store	Creighton
International Positive Education Network (IPEN)	Provides resources, blogs, and podcasts that address how teachers can develop resilience in their profession.	http://ipen-network.com/	Stephen Hlawaty
1 Giant Mind	Free app for meditation with the opportunity to learn to be a meditation teacher. Also features a podcast.	https://www.1giantmind.com/	Robert L.
<i>Edutopia</i> . "Teacher Wellness."	A collection of articles that deal specifically with teacher wellness and how to support teachers physically, emotionally, spiritually.	Teacher Wellness	Steven Ray Parker
Mindful Teachers	This website provides activities and teaching resources for mindful teaching.	http://www.mindfulteachers.org/p/free-resources-and-lesson-plans.html	Stephen Hlawaty
"How Teacher Turnover Harms Student Achievement"	A research article by professors at University of Michigan. The results indicate that students in grade levels with higher	How Teacher Turnover Harms Student Achievement	Bradford Lardner

	turnover score lower in both English language arts (ELA) and math and that these effects are particularly strong in schools with more low-performing and Black students. Moreover, the results suggest that there is a disruptive effect of turnover beyond changing the distribution in teacher quality.”		
Buddhify	A meditation app designed specifically for life on-the-go. There is an optional annual membership, but the app is free.	https://buddhify.com/membership/	Robert L.
The Nicest Place on the Inter.Net	This is a collection/series of videos of... well, people hugging their cameras. Paired with the beautiful song in the background, it is easy to lose hours on this site, all in the name of practicing self-care and self-compassion.	http://theotherniceplace.net/	Robert L.
Bill Murray impromptu dharma talk.	Bill Murray presents the concept of self-compassion.	Bill Murray Dharma Talk	Craig Moyer
Bodhipaksa 10-minute guided mindful breathing	A guided breathing exercise.	10-Minute Guided Mindful Breathing He also has a free app (in-app purchases) called Bodhimind .	Craig Moyer
“The Cure For Racism Is Cancer” by Tony Hoagland	In this essay, Tony Hoagland muses on his relationship with the people around him who are also fighting cancer, on how deep and lasting trouble allows individuals to cross boundaries.	The Cure for Racism is Cancer	Jack