**Staff Wellness Resources**

Staff Wellness – Managing Stress

<https://eclkc.ohs.acf.hhs.gov/sites/default/files/pdf/health-services-newsletter-201408.pdf>

Taking Care of Ourselves: Stress Reduction Workshop <https://www.ecmhc.org/documents/TakingCare_ProviderBk_final.pdf>

Relaxation Exercises <https://www.ecmhc.org/relaxation_exercises.html>

A dozen posters to combat stress <https://www.ecmhc.org/documents/CECMHC_GrafittiPosters.pdf>

Center for Early Childhood Mental Health Consultation, [www.ecmhc.org](http://www.ecmhc.org/)

Stress Reduction <https://eclkc.ohs.acf.hhs.gov/sites/default/files/pdf/mental-health-201612.pdf>

Relaxation Bookmarks <https://www.ecmhc.org/documents/cecmhc_bookmark_press3.pdf>

Professional Development and Engagement Opportunities to Promote Whole-person Wellness

[https://www.nationalwellness.org/?](https://www.nationalwellness.org/)