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## Additional Resources

### Stress & Relaxation Exercises

Toxic stress (Video)

<https://developingchild.harvard.edu/science/key-concepts/toxic-stress>

Social and behavioral determinants of toxic stress (Video)

<https://developingchild.harvard.edu/resources/social-behavioral-determinants-toxic-stress>

Taking care of ourselves: Stress and relaxation guide

[https://www.ecmhc.org/documents/TakingCare\\_ProviderBk\\_final.pdf](https://www.ecmhc.org/documents/TakingCare_ProviderBk_final.pdf)

Stress log template

<https://www.ecmhc.org/documents/Stresslogtemplate.pdf>

Talk back to your unhelpful thoughts

[https://www.ecmhc.org/documents/Common\\_Unhelpful\\_Thoughts.pdf](https://www.ecmhc.org/documents/Common_Unhelpful_Thoughts.pdf)

Relaxation Exercises (Recorded in English and Spanish)

[https://www.ecmhc.org/relaxation\\_exercises.html](https://www.ecmhc.org/relaxation_exercises.html)

Head Start Early Childhood Learning and Knowledge Center Early Essentials (Video)

<https://eclkc.ohs.acf.hhs.gov/video/early-essentials-webisode-6-professionalism-self-care>

### Resilience & Motivation

Supportive Relationships and Active Skill-Building Strengthen the Foundations of Resilience

<https://developingchild.harvard.edu/resources/supportive-relationships-and-active-skill-building-strengthen-the-foundations-of-resilience>

Understanding Motivation: Building the Brain Architecture that Supports Learning, Health, and Community Participation

<https://developingchild.harvard.edu/resources/understanding-motivation-building-the-brain-architecture-that-supports-learning-health-and-community-participation>

Resilience (Videos)

<https://developingchild.harvard.edu/science/key-concepts/resilience>

The Science of Adult Capabilities

<https://developingchild.harvard.edu/science/deep-dives/adult-capabilities>

Three Principles to Improve Outcomes for Children and Families

<https://developingchild.harvard.edu/resources/three-early-childhood-development-principles-improve-child-family-outcomes>

Building Adult Capabilities to Improve Child Outcomes: A Theory of Change (Video)

<https://developingchild.harvard.edu/resources/building-adult-capabilities-to-improve-child-outcomes-a-theory-of-change>

How Children and Adults Can Build Core Capabilities for Life (Video)

<https://developingchild.harvard.edu/resources/video-building-core-capabilities-life>

## COVID-19

How to Help Families and Staff Build Resilience During the COVID-19 Outbreak

<https://developingchild.harvard.edu/resources/how-to-help-families-and-staff-build-resilience-during-the-covid-19-outbreak>

How to Support Children (and Yourself) During the COVID-19 Outbreak

<https://developingchild.harvard.edu/resources/how-to-support-children-and-yourself-during-the-covid-19-outbreak>

A Guide to Covid-19

<https://developingchild.harvard.edu/guide/a-guide-to-covid-19-and-early-childhood-development>

COVID-19 Resources

<https://developingchild.harvard.edu/resources/covid-19-resources>

Child Care Technical Assistance Network | Resources for Self-Care and Professionalism

<https://childcareta.acf.hhs.gov/infant-toddler-resource-guide/self-care-and-professionalism>

Taking Care of Yourself: Self-Care for Early Care and Education Providers

<https://cssp.org/wp-content/uploads/2018/08/Self-Care-for-ECE-Providers.pdf>

Self-Care Isn't Selfish (Podcast)

<https://developingchild.harvard.edu/resources/the-brain-architects-podcast-covid-19-special-edition-self-care-isnt-selfish>

Mental Health in a Locked-Down World (Podcast)

<https://developingchild.harvard.edu/resources/the-brain-architects-podcast-covid-19-special-edition-mental-health-in-a-locked-down-world>