

Early Life Stress and Resilience Program Trauma Resources and Interventions *for Teachers/ Educators*

The Early Life and Stress and Resilience Program (ELSRP) offers a compiled list of resources and interventions on various types of trauma and holistic approaches to stress management techniques or skills. This resource list is created for those individuals taking care of teachers/educators who are impacted by trauma, crises, and disasters. We have added a compassion box as a mechanism to start the exploration of our package. If you are experiencing a life-threatening emergency or feel like you may be of harm to yourself or others, please contact your local hotlines or access national hotlines ([U.S. Emergency 911](#) and [Suicide Prevention 988](#) found here). The resources are organized by topic. The italics indicate the source and/or org name. The titles and descriptions have a hyperlink directing you to the actual resource.

Compassion Box: often we are first responders to crises and offer empathy and non-judgment to others. The compassion box is meant to focus on first responders/providers/caregivers/educators' restorative and soothing self-care strategies before engaging in care for others:

- [Why it's important to practice Self Compassion with Veronica Alvarez](#)
- [Stanford Medicine's Center for Compassion and Altruism Research and Education \(CCARE\)](#)
- [Meditation: RAIN with Tara Brach](#)

Building Resilience

1. *Stanford ELSRP*, [What Is Stress and What is Resilience video, Dr. Victor Carrion](#)
2. *Stanford ELSRP Article*, [Resilience by design: How nature, nurture, environment, and microbiome mitigate stress and allostatic load](#)

Mindfulness, Managing Stress, and Self-Care

1. *Stanford ELSRP on Pure Edge channel*, [Worry, Stress & Anxiety: How to Manage](#)
2. *Stanford ELSRP*, [ELSRP Virtual Meditation Library](#)
3. *Pure Edge Inc.*, [Pure Edge Resources: Pure Brain Breaks, Amazing Brain](#)
4. *The National Child Traumatic Stress Network*, [Fact sheet provides information about the specific self-care strategy of Pause-Reset Nourish, or PRN.](#)

Collective Trauma and Complex Trauma

1. *Stanford Psychiatry*, [How to apply prevention over response to trauma, collective effects of trauma and signs, interventions post-traumatic even, and a lot of great psychoeducation on the science behind tough transitions. Pandemic focused but it can be applied to other disasters](#)

General Trauma

1. *Stanford Psychiatry and Behavioral Sciences*, [Stanford's Heard Alliance Toolkit - Resources for parents on topics such as social media, suicide prevention, substance abuse, depression, etc](#)
2. *California Teachers Association*, [How to Help Students After a Disaster](#)
3. *Center for Disease Control*, [How can I help my students cope and continue to support their recovery from a disaster?](#)
4. *Readiness and Emergency Management for Schools*, [Psychological First Aid: How to Help Students Recover After a Personal, Community, or School-Based Emergency](#)
5. *Substance Abuse and Mental Health Services Administration (SAMHSA)*, [Tips for Talking to Children and Youth After Traumatic Events: A Guide for Parents and Educators](#)
6. *The National Child Traumatic Stress Network*, [A Trauma-Informed Resource for Strengthening Family-School Partnerships](#)
7. *The National Child Traumatic Stress Network*, [Addressing Race and Trauma in the Classroom: A Resource for Educators](#)

Grief

1. *The National Child Traumatic Stress Network*, [Helping School-Age Children with Traumatic Grief: Tips for Caregivers \(in Ukrainian\) - Describes how school-age children may feel when struggling with the death of someone close and offers tips on what caregivers can do to help.](#)

Mass Violence and Community Trauma

1. *The National Child Traumatic Stress Network*, [Teacher Guidelines for Helping Students after Mass Violence](#)
2. *The National Child Traumatic Stress Network*, [Helping Youth after Community Trauma: Tips for Educators](#)

Migration Trauma

1. *Mental Health Technology Transfer Center (MHTTC)*, [Trauma-Informed Strategies to Engage with Youth Seeking Asylum: Tips to keep in mind as you engage with youth seeking asylum.](#)
2. *The National Child Traumatic Stress Network*, [Understanding Refugee Trauma: For School Personnel](#)

Pandemic and Natural Disaster

1. *The National Child Traumatic Stress Network*, [Teacher Guidelines for Helping Students after a Hurricane](#)
2. *The National Child Traumatic Stress Network*, [Teacher Guidelines for Helping Students after a Tornado](#)
3. *The National Child Traumatic Stress Network*, [Teacher Guidelines for Helping Students after an Earthquake](#)

Racial Trauma

1. *The National Child Traumatic Stress Network*, [Cultural Responsiveness to Racial Trauma: Offers mental health providers information on understanding cultural responsiveness to racial trauma, why it matters, and what to do.](#)

War Trauma (find resources in Hebrew, Arabic, Russian, and Amharic)

1. *Stanford ELSRP*, [Building Resilience in Ukrainian Students: Understanding the Impact of Stress and How to help our youth and ourselves manage it](#)
2. *American Psychological Association*, [Resilience in a time of war: Tips for parents and teachers of elementary school children](#)
3. *The National Child Traumatic Stress Network*, [Children of War: A Video for Educators Resource Guide](#)
4. Center for the Study of Traumatic Stress, [Teachers Helping Students Listening and Talking](#)