

Resource Guide

Resilient Teachers

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Burnout Proof Academy Resources

[Weekly newsletter](#) - Get self-care resources, tips, and upcoming workshop info

[Burnout Proof Quiz: How burnout proof are you?](#)

[Burnout Proof Collective](#) - private Facebook community for daily self-care support

[16-Second Stress-Relief for Sign Language Interpreters](#) and Teachers! - short article + video outlining a one-breath body scan triage care practice

[Resilient Teacher slides + resources](#)