

# Resilience for ourselves, educators and children with Be You

Included below are links to additional information, resources and references which may be useful.

## Be You website

<https://beyou.edu.au>

## Mental health services and support helplines

[https://beyou.edu.au/-/media/resources/mental-health-services-and-support-helplines/beyou\\_support-contacts\\_a4.pdf](https://beyou.edu.au/-/media/resources/mental-health-services-and-support-helplines/beyou_support-contacts_a4.pdf)

## Be You Professional Learning

Learning Resilience

<https://beyou.edu.au/learn/learning-resilience>

Self-regulation

<https://beyou.edu.au/learn/learning-resilience/embed>

<https://beyou.edu.au/learn/learning-resilience/embed/early-learning/self-awareness-and-self-regulation>

## Fact Sheets

Resilience and mental health

<https://beyou.edu.au/fact-sheets/social-and-emotional-learning/resilience-and-mental-health>

Building resilience in children

<https://beyou.edu.au/fact-sheets/social-and-emotional-learning/building-resilience-in-children>

Educator wellbeing Fact Sheets

<https://beyou.edu.au/resources/educator-wellbeing/fact-sheets>

Staff Wellbeing

<https://beyou.edu.au/fact-sheets/wellbeing/staff-wellbeing>

Stress Management

<https://beyou.edu.au/fact-sheets/wellbeing/stress-management>

Self-regulation

<https://beyou.edu.au/fact-sheets/social-and-emotional-learning/self-regulation>

## **Resources**

Educator wellbeing tools

<https://beyou.edu.au/resources/educator-wellbeing/tools>

Wellbeing plan for educators

<https://beyou.edu.au/-/media/resources/tools-and-guides/wellbeing-tools-for-you/practice/be-you-wellbeing-plan-for-educators.pdf>

Beyond self-care: an educator wellbeing guide

<https://beyou.edu.au/resources/educator-wellbeing>

Planning for wellbeing – mine yours ours

<https://beyou.edu.au/resources/tools-and-guides/wellbeing-tools-for-you>

Considering and acknowledging your strengths

<https://beyou.edu.au/resources/sessions-and-events/considering-and-acknowledging-our-strengths>