



BALANCING LIFE, WORK, AND EVERYTHING IN BETWEEN.

Relevant Resources

Books:

[Practicing Presence: Simple Self Care Strategies for Teachers](#) (Lisa's book)

Short Articles:

[Self-Care in the Time of Coronavirus](#) (CMI)

[6 Daily Questions to Ask Yourself in Quarantine](#) (GGSC)

[Stress Management for Educators](#) (GGSC)

[How Teachers Can Navigate Difficult Emotions During School Closures](#) (GGSC)

[Balancing Screen Time, Sleep, and Family During Coronavirus](#) (Edutopia)

[Cultivating Equanimity](#) (Mindful Magazine)

Brief Presence Pauses & Meditations

[Dr. Lisa J. Lucas Guided Practices and Podcasts](#)

[Let it RAIN](#) (Tara Brach)

[Self-Compassion Practices](#) (Kristen Neff)

Education Resources:

[Collins Writing](#) (free resources and ready-made writing assignments for students)

[VoicEd Radio Podcast](#) (huge selection of podcasts, including Practicing Presence)

Favorite Sleep and Meditation Apps

[Calm](#)

[Insight Timer](#)



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PERSONAL PRACTICES TO SUPPORT MINDFUL LEADING, LEARNING & LIVING

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