



## Building the Foundation: Resources Staff Wellbeing and Organizational Care

### **TAP Resources:**

[Building the Foundation Series](#)

[Training and Access Project: Additional Trainings and Information](#)

### **Online resources:**

- AFT [Beyond Burnout](#)
- ASCD Education Leadership [Is it burnout or demoralization?](#)
- ASCD Education Leadership [Retaining BIPOC educators starts with belonging.](#)
- Children's Mental Health Network [A Practical Guide to Self-Care for Helping Professionals](#)
- Education Week [How to Create a Culture of Care in Your School: Lessons From 10 Years as Principal](#)
- Education Week [What schools can do to make sure support staff feel appreciated.](#)
- EdWeek Research Center [Third Annual Merrimack College Teacher Survey - The Teachers are Not All Right: Improving the Mental Wellbeing of Teachers and Their Students](#)
- National Education Association Beyond burnout [What must be done to tackle educator shortage.](#)
- National Education Association [Compassion fatigue and teachers: What it is and how to cope.](#)
- NCTSN [Secondary Traumatic Stress: A Fact Sheet for Child-Serving Professionals](#)
- RAND Corporation [Restoring teacher and principal well-being is an essential step for rebuilding schools: Findings from the State of the American Teacher and State of the American Principal surveys.](#)

**Articles:**

Bottiani, J. H., Duran, C. A. K., Pas, E. T., & Bradshaw, C. P. (2019). Teacher stress and burnout in urban middle schools: Associations with job demands, resources, and effective classroom practices. *Journal of School Psychology*, 77, 36–51.  
<https://doi.org/10.1016/j.jsp.2019.10.002>

Grooms, A. A., Mahatmya, D., & Johnson, E. T. (2021). The Retention of Educators of Color Amidst Institutionalized Racism. *Educational Policy (Los Altos, Calif.)*, 35(2), 180–212. <https://doi.org/10.1177/0895904820986765>

Mahatmya, D., Grooms, A. A., Young Kim, J., McGinnis, D., & Johnson, E. (2021). Burnout and Race-Related Stress among BIPOC Women K–12 Educators. *Journal of Education Human Resources*, 40(1), 58–89. <https://doi.org/10.3138/jehr-2021-0007>