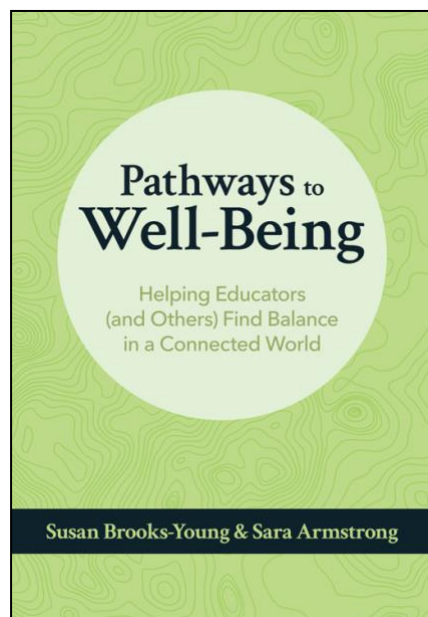


# Pathways to Well-Being: Helping Educators (and Others) Find Balance in a Connected World

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## Summary

We all want lives filled with balance, ease and contentment – but how do we get there? Authors Susan Brooks-Young and Sara Armstrong discuss how six elements – gratitude, positivity, focus, empathy, kindness and movement – affect daily life. Through the information and activities in this book, educators and others will find ways to reduce stress and cultivate well-being.

*Pathways to Well-Being* includes:

- an overview of each of the six elements of well-being with connections to the applicable ISTE Standards for Educators and the ISTE Standards for Education Leaders
- information on the positive and negative aspects of technology related to well-being
- reflection questions to help readers make healthy changes
- additional resources such as research, articles, books and websites.

## Other Resources

- *Take Time for You: Self-Care Actions Plans for Educators* (SOT7484)
- *The Formative Five: Fostering Grit, Empathy, and Other Success Skills Every Student Needs* (116043)
- *Securing the Connected Classroom: Technology Planning to Keep Students Safe* (IST5404)