**Resources**

Calm.com

<http://www.law.berkeley.edu/files/Progressive_Muscle_Relaxation.pdf>

APA 2013 Stress in America Survey

<https://www.youtube.com/watch?v=0fL-pn80s-c>

Cite ASCA mindsets handout

<http://www.k12.wa.us/CompassionateSchools/pubdocs/TheHeartofLearningandTeaching.pdf>

cite: Christy Anana- Compassionate Schools presentation WSCA 2015

http://www.teach-nology.com/lessons/lsn\_pln\_view\_lessons.php?action=view&cat\_id=7&lsn\_id=12379