

# **Prepare Yourself for Your Return to School**

## **Related Reference Material**

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## Related Reference Material

Understanding stress

<https://kevinplummerphd.com/understanding-stress-the-relationship-between-mind-body-and-behavior/>

Pandemic stress

[https://kevinplummerphd.com/wp-content/uploads/Understanding\\_Pandemic\\_Stress.pdf](https://kevinplummerphd.com/wp-content/uploads/Understanding_Pandemic_Stress.pdf)

Stress management toolkit

[https://kevinplummerphd.com/wp-content/uploads/The\\_Pandemic\\_Stress\\_Toolkit.pdf](https://kevinplummerphd.com/wp-content/uploads/The_Pandemic_Stress_Toolkit.pdf)

Positive psychology

<https://kevinplummerphd.com/positive-psychology-student-learning-implications/>

The oxytocin effect on stress

<https://kevinplummerphd.com/oxytocin-and-serotonin/>

Attunement

<https://kevinplummerphd.com/attunement-and-engagement/>

Compassion fatigue

<https://kevinplummerphd.com/compassion-fatigue/>

Effective communication

<https://kevinplummerphd.com/therapeutic-communication/>

Understanding restorative breaks

<https://kevinplummerphd.com/restorative-breaks/>

Trauma sensitive and trauma informed approaches

<https://kevinplummerphd.com/supporting-trauma-impacted-students-in-school/>

Social emotional learning skills — Important soft skills for school and life

<https://kevinplummerphd.com/soft-skills-for-school-and-life/>

Using routine

<https://kevinplummerphd.com/important-things-to-remember-about-routines/>

Creating a prosocial community

<https://kevinplummerphd.com/the-importance-of-community/>

Visual support

<https://kevinplummerphd.com/visual-systems-to-increase-motivation-and-support-better-decision-making/>

Staff wellness

<https://kevinplummerphd.com/the-role-of-staff-wellness-in-implementing-therapeutic-programming/>