



# Nevada Early Care and Education Workforce Wellness Guidebook





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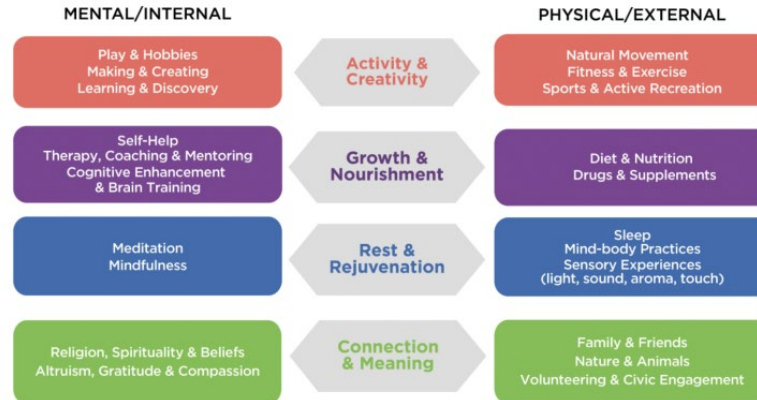
# Wellness and Mental Health

*Wellness and mental health involve caring for your mind and body, ensuring emotional balance, and building resilience to live a healthier more fulfilling life.*





## Pathways to Mental Wellness



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Source: Global Wellness Institute

[Mental Wellness - Global Wellness Institute](#)

### **Digital Wellness Toolkit** (Offered by National Institutes of Health)

\*Free resource

**Link to access:** [Your Healthiest Self: Wellness Toolkits | National Institutes of Health \(NIH\)](#)

*Each person’s “healthiest self” is different. We have different bodies, minds, living situations, and people influencing our lives. Each area can impact your overall health. This means we each have a unique set of health needs. Use our wellness toolkits to find ways to improve your well-being in any area you’d like.*

Scan this QR Code to access the digital wellness toolkit



### **Article: 22 Ways to Calm Yourself Down**

**Link to access:** [How to Calm Down: 22 Things to Do When You’re Anxious or Angry \(healthline.com\)](#)

\*Free resource

*When you’re angry or anxious, some practices, including breathing techniques and releasing emotional energy, may help you calm yourself down.*

Scan this QR Code to access the article



### **Nurturing vs. Depleting Worksheet**

**Link to access:** [Nurturing-vs.-Depleting-Activities.pdf \(b-cdn.net\)](#)

\*Free resource

*The things we do each day can either enhance or take away from our wellbeing in the long run. While we all find ourselves doing things we ‘need’ to do (e.g., work, looking after others, or running errands), it can be particularly easy to neglect the things that give us life and energy.*

*The goal of this [Nurturing vs. Depleting Activities](#) worksheet is to help the reader become more aware of what adds to or takes away from their mood and energy.*



Scan this QR Code to access Nurturing vs. Depleting Worksheet

## Wellness & Mental Health



### Day One

**Link to access:** <https://dayoneapp.com/>

*\*Free resource*

*Digital journaling app with reminders and prompts.*

**Capture life’s moments, anytime, anywhere.**

*Download the free Day One journal app for free on iPhone, Android, iPad, Mac, and Apple Watch. Or access your Day One Journal from any browser.*

Please visit [New: QR Code Login with Encryption Key Integration for Day One Web](#) to access the QR code for your cellular provider and login instructions.

### Article: Caring for Your Mental Health, by National Institute of Mental Health

(NIMH)

**Link to access:** [Caring for Your Mental Health - National Institute of Mental Health \(NIMH\) \(nih.gov\)](https://www.nimh.nih.gov/)

*\*Free resource*

Scan this QR Code to access the article



- **Get regular exercise.** Just 30 minutes of walking every day can boost your mood and improve your health. Small amounts of exercise add up, so don’t be discouraged if you can’t do 30 minutes at one time.
- **Eat healthy, regular meals and stay hydrated.** A balanced diet and plenty of water can improve your energy and focus throughout the day. Pay attention to your intake of caffeine and alcohol and how they affect your mood and well-being—for some, decreasing caffeine and alcohol consumption can be helpful.
- **Make sleep a priority.** Stick to a schedule, and make sure you’re getting enough sleep. Blue light from devices and screens can make it harder to fall asleep, so reduce blue light exposure from your phone or computer before bedtime.
- **Try a relaxing activity.** Explore relaxation or wellness programs or apps, which may incorporate meditation, muscle relaxation, or breathing exercises. Schedule regular times for these and other healthy activities you enjoy, such as listening to music, reading, spending time in nature, and engaging in low-stress hobbies.
- **Set goals and priorities.** Decide what must get done now and what can wait. Learn to say “no” to new tasks if you start to feel like you’re taking on too much. Try to appreciate what you have accomplished at the end of the day.
- **Practice gratitude.** Remind yourself of things you are grateful for daily. Be specific. Write them down or replay them in your mind.
- **Focus on positivity.** Identify and challenge your negative and unhelpful thoughts.
- **Stay Connected.** Reach out to friends or family members who can provide emotional support and practical help.

## Wellness & Mental Health



### Self-Care

Self-Care is vital as it replenishes your energy and helps prevent burnout, allowing you to face daily challenges with a clear mind and a positive attitude. It strengthens your resilience, improves your mood, and enhances your overall quality of life, making you more capable of supporting others and achieving your goals.

#### **Self-Care Tips and Resources:**

*\*Free resource*

**Link to access:** [How To Practice Self-Care: 10 Worksheets and 12 Ideas \(positivepsychology.com\)](https://www.positivepsychology.com)

*Self-care is all about finding out what we need – what our unique energy-draining and energy-boosting strategies are. They will differ in each case, often substantially.*

- **Physical self-care:** This includes activities like eating nutritious foods, exercising regularly, getting enough sleep, and attending medical appointments.
- **Mental self-care:** Activities such as practicing mindfulness or meditation, reading a book, or doing puzzles can help maintain mental clarity and reduce stress.
- **Emotional self-care:** This might involve practices like journaling, talking to a friend or therapist about your feelings, or engaging in hobbies that make you happy.

Scan this QR Code to access resource



#### **Work of Care - Self-Care Workbook**

*\*Free resource*

**Link to access:** [Work-Of-Care-General-Workbook-2021.pdf](https://www.workofcare.org/Work-Of-Care-General-Workbook-2021.pdf)

*Constructing a life that supports your health and well-being so you can support others, empower yourself to change the moment. Change the moment and you can change the world.*



Scan this QR Code to access the Self-Care Workbook

## Self-Care Workbook

CONSTRUCTING A LIFE THAT SUPPORTS YOUR HEALTH AND WELL-BEING SO YOU CAN SUPPORT OTHERS

EMPOWER YOURSELF TO CHANGE THE MOMENT. CHANGE THE MOMENT, AND YOU CHANGE THE WORLD.

[Work-Of-Care-General-Workbook-2021.pdf](https://www.workofcare.org/Work-Of-Care-General-Workbook-2021.pdf)

### Wellness & Mental Health

# Mindfulness

*Mindfulness helps reduce stress by keeping you focused on the present moment, which can lower anxiety. It also improves focus and emotional regulation, allowing you to respond to situations with greater clarity and calmness.*







**Apps available for download:**



**Headspace** - Offers guided meditations and mindfulness practices, with content for beginners and advanced users alike. (some paid and some free resources)

**Link for additional information:** <https://help.headspace.com/hc/en-us>

*\*Requires paid subscription*

**How can I download the app?**

The [Headspace app](#) is currently available on Apple (iPhone, iPad, iPod Touch) and Android (smartphones and tablets) devices.

To download the app, search for "Headspace" in the Apple App Store or the Google Play Store.



Scan this QR code with your phone to download the Headspace app.



**Calm** - Provides a variety of mindfulness exercises, sleep stories, and breathing techniques.

**Link for additional information:** [Calm - The #1 App for Meditation and Sleep](#)

*\*Requires paid subscription, offers 14 day free trial*

**What devices support the Calm app?**

Calm is available on iOS, Android, Web, in addition to Apple TV, Apple Watch, Google WearOS, Samsung Health, Samsung TV and Sonos.

Scan this QR code to use Calm's mobile app.



**Insight Timer**

**Insight Timer**- Features a vast library of free meditations and mindfulness talks from various teachers.

**Link for additional information:** [Insight Timer – #1 Free Meditation App](#)

*\*Free resource*

Insight Timer is the worlds largest free meditation app with 31 million meditators and over 220k free tracks

You're invited to meditate on Insight Timer

Scan QR to download the app



**Mindfulness**



**Article: Six Different Types of Grounding Exercises for Anxiety and Intense Emotions –**

*\*Free resource*

**Link to access:** [Six Types of Grounding Exercises for Anxiety and Intense Emotions, Shared by Minneapolis Therapist — The Growlery \(tothegrowlery.com\)](https://www.tothegrowlery.com/six-types-of-grounding-exercises-for-anxiety-and-intense-emotions)

*Six Different Types of Grounding Exercises for Anxiety and Intense Emotions*



Scan this QR Code to access the article

**SIX WAYS TO PRACTICE GROUNDING**  
with anxiety + intense emotions

 <b>body</b> lay on the ground, press your toes into the floor, squeeze playdough	 <b>5 senses</b> wear your favorite sweatshirt, use essential oils, make a cup of tea	 <b>self-soothe</b> take a shower or bath, find a grounding object, light a candle, feel something soft
 <b>observe</b> describe an object in detail: color, texture, shadow, light, shapes, size, weight	 <b>breathe</b> practice 4-7-8 breathing: inhale to 4, hold for 7, exhale to 8	 <b>distract</b> find all the square or green objects in the room, count by 7s, say the date

THE GROWLERY @tothegrowlery

[Six Types of Grounding Exercises for Anxiety and Intense Emotions, Shared by Minneapolis Therapist — The Growlery \(tothegrowlery.com\)](https://www.tothegrowlery.com/six-types-of-grounding-exercises-for-anxiety-and-intense-emotions)

**Adult Recess;** offered from Head Start

*\*Free resource*

**Link to access:** [Adult Recess | ECLKC \(hhs.gov\)](https://www.hhs.gov/eclkc/efnhs/adult-recess)

*Adult Recess is a series of animated videos that support participants in moving their bodies in mindful ways to promote and practice regulation skills. Each video guides participants in a warm-up, a game, and an ending reflection. Play alone, in a group, or with children!*



Scan this QR Code to access Adult Recess

**Mindfulness**

# Physical Health

*Good physical health supports overall wellness by ensuring that your body and mind function at their best. Regular exercise and good health habits boost your mood, reduce stress, help you feel more balanced and energetic, and enhance your overall quality of life. Support overall wellness by ensuring that your body and mind function at their best by keeping your physical health a priority.*





# Nevada Early Care and Education Workforce Wellness Guidebook



## American Heart Association –

\*Free resource

**Link to access:** [Create Habits that Stick Infographic | American Heart Association](#)

### Creating Habits that Stick

*The science is in: Your brain can be trained to build habits.*

*Explore this link for creating healthy habits that stick:*



Scan this QR Code to access Create Habits that Stick

**CREATE HABITS THAT STICK.**  
It's as easy as 1-2-3.

The science is in: Your brain can be trained to build habits. **Just include these three steps to create habits that stick:**

**CUE**  
A cue is a reminder to act on your habit. It jogs your memory.  
*Example: If you hope to make a habit of maintaining muscle tone in your arms, leave hand weights on your sofa where you'll see them.*

**ROUTINE**  
Choose a small, achievable version of your habit to start with. Make sure that it's something you like, so that it's easily repeatable.  
*Example: To build a walking habit, start with a short 15-minute route instead of an ambitious hour-long hike. Invite a friend to join you!*

**REWARD**  
This third step is crucial. Positive emotions make habits stick. So have fun while you do your new activity, or associate it with a reward.  
*Example: If your new habit is core strengthening, try "temptation bundling." Reserve watching your favorite TV show for when you exercise.*

**Build a "habit loop."**  
Repeating these three steps – **cue, routine and reward** – will help you maintain your habit.

**Missed a day? It's an opportunity!**  
Give yourself another chance. Change your cue, routine or reward until your habit sticks.

**Get tips from your very own "Habit Coach."**  
Check out these six short "Habit Coach" videos. These science-based habit hacks will help you keep those healthy habits!

**heart.org/habits**  
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EAT SMART MOVE MORE BE WELL

[Healthy for Good Move More - Create Habits that Stick](#)

## American Heart Association –

\*Free resource

**Link to access:** [Make Movement a Habit Infographic | American Heart Association](#)

*Tips to get active – and stay active.*



Scan this QR Code to access Make Movement a Habit

**MAKE MOVEMENT A HABIT.**  
Tips to get active – and stay active.

**Choose the right kind of movement.**  
Make it something you enjoy and can repeat easily. Lots of physical activities are good for you!

**Choose a cue. We all need a reminder.**  
A cue is anything that helps you remember your movement habit. Put your sneakers by the door or your hand weights near your computer – that's a cue.

**Reinforce the habit. Make it rewarding.**  
Have fun while you move. Invite a friend, listen to music or treat yourself to a healthy snack after!

**Start small: Stepping stones, not boulders.**  
Don't set yourself up for failure. Instead of a two-hour hike, start with a 20-minute walk.

**Get tips from your very own "Habit Coach."**  
Check out these six short "Habit Coach" videos. These science-based habit hacks will help you keep those healthy habits!

**heart.org/HealthyForGood**  
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EAT SMART MOVE MORE BE WELL

[Healthy for Good Move More - Make movement a habit](#)

## Physical Health



### American Heart Association - 10 Minute Workout

**Link to access:**

[Microsoft Word - DS-16004 HFG 10-minute Video.docx](#)

*\*Free resource*

*10-minute Workout Anywhere. Boost your heart rate and brain power with this quick home workout.*



Scan this QR Code to access 10-minute Workout Anywhere



### 10-minute Workout Anywhere

Boost your heart rate and brain power with this quick home workout. For a digital version of this workout, visit [heart.org/movefor10](http://heart.org/movefor10). Do each exercise at your own pace for 30 seconds with 30 seconds of cardio between exercises (such as high knees, march in place, jog in place). Rest as needed.

**Try these tips:**

*Weight(s) can be small dumbbells, kettlebells or anything heavy you may have at home, like a purse, water bottle or gallon jug, backpack or book. Or make your own adjustable weight by loading a small tote bag with magazines or books.*

*Stabilize yourself as needed by holding or touching a wall, desk or stationary (non-rolling) chair. As you get stronger, test your balance by letting go of the support.*

*\*Please speak with your health provider before starting an exercise program and with a fitness professional for adaptations that best meet your individual needs.*

[Microsoft Word - DS-16004 HFG 10-minute Video.docx](#)

### The Centers for Disease Control and Prevention (CDC)

*\*Free resource*

**Link to access:** Overcoming obstacles: [Steps for Getting Started With Physical Activity | Healthy Weight and Growth | CDC](#)

*Regular physical activity is one of the most important things you can do for your health. As you think about ways to be more active, use these tips to get started and overcome obstacles.*



Scan this QR Code to access Steps for Getting Started with Physical Activity

### Move It Monday

*\*Free resource*

**Link to access:** <https://www.moveitmonday.org/>

*An initiative that encourages people to start the week with physical activity. It offers weekly workout routines, tips for staying active, and motivational content to keep you moving throughout the week.*

*{Good for individual, families, workplace}*



Scan this QR Code to access Move It Monday

## Physical Health



### The Centers for Disease Control and Prevention (CDC)

\*Free resource







**Link to access:** [Adult Activity Overview, Adult Activity: An Overview | Physical Activity Basics | CDC](#)

Physical activity is anything that gets your body moving. Physical activity supports physical and mental health. The [benefits of physical activity](#) make it one of the most important things you can do for your health.



Scan this QR Code to access this resource

Recommended levels for health benefits

<p>Example 1</p>  <p>Moderate-intensity aerobic activity (such as brisk walking) for 150 minutes every week (for example, 30 minutes a day, 5 days a week).</p>	<p>Example 2</p>  <p>Vigorous-intensity aerobic activity (such as jogging or running) for 75 minutes (1 hour and 15 minutes) every week.</p>	<p>Example 3</p>  <p>An equivalent mix of moderate- and vigorous-intensity aerobic activity on 2 or more days a week.</p>
<p>AND</p>  <p>Muscle-strengthening activities on 2 or more days a week that work all major muscle groups (legs, hips, back, abdomen, chest, shoulders, and arms).</p>	<p>AND</p>  <p>Muscle-strengthening activities on 2 or more days a week that work all major muscle groups (legs, hips, back, abdomen, chest, shoulders, and arms).</p>	<p>AND</p>  <p>Muscle-strengthening activities on 2 or more days a week that work all major muscle groups (legs, hips, back, abdomen, chest, shoulders, and arms).</p>

[Adult Activity: An Overview | Physical Activity Basics | CDC](#)

### Physical Activity Guidelines for Americans 2nd edition

\*Free resource

**Link to access:** Interactive tools, fact sheets, videos, and graphics, are available at <https://odphp.health.gov/PAGuidelines/>.

The Move Your Way campaign was created by the Office of Disease Prevention and Health Promotion within the U.S. Department of Health and Human Services to be used by communities, health professionals, educators, and others to communicate to consumers in plain language about the recommendations from the Guidelines, promote the health benefits of meeting the recommendations, and provide tips for how consumers can meet the recommendations.



Scan this QR Code to access this resource



**MOVE YOUR WAY** Adults need a mix of physical activity to stay healthy.

**Moderate-intensity aerobic activity\***  
Anything that gets your heart beating faster counts.  
at least 150 minutes a week

**Muscle-strengthening activity**  
Do activities that make your muscles work harder than usual.  
at least 2 days a week

\* If you prefer vigorous-intensity aerobic activity (like running), aim for at least 75 minutes a week.

If that's more than you can do right now, do what you can. Even 5 minutes of physical activity has real health benefits.

Walk. Run. Dance. Play. **What's your move?**

[Physical Activity Guidelines for Americans, 2nd edition \(health.gov\), page 11](#)

## Physical Health

# Administrators





### EAP (Employee Assistance Program)

**Link to access:** [Nevada Child Care Services Center | Employee Assistance Program \(nevadaccsc.org\)](https://nevadaccsc.org) \*requires login to access information

\*Free resource

*An EAP provides voluntary, confidential services to employees who need help managing personal difficulties or life challenges.*

Scan this QR Code to access Nevada Strong Start Child Care Services Center



### Improving Staff Wellness and Job Satisfaction (webinar video)

**Link to access:** [Improving Staff Wellness and Job Satisfaction | ECLKC \(hhs.gov\)](https://hhs.gov)

\*Free resource

*This webinar recording explores how to recognize signs of compassion fatigue and foster compassion satisfaction. Learn meaningful self-care strategies that improve wellness and job satisfaction and help staff perform their job with resilience.*

Scan this QR Code to access webinar recording



### Program Strategies for Leaders and Supervisors (webinar video)

**Link to access:** [Program Strategies for Leaders and Supervisors | ECLKC \(hhs.gov\)](https://hhs.gov)

\*Free resource

*Resources to support the wellness of staff whose primary role is working directly with families by using evidence-informed strategies.*

Scan this QR Code to access webinar recording



### Cultivating Wellness: 8 Dimensions of Staff Well-being

**Link to access:** [Cultivating Wellness: 8 Dimensions of Staff Well-being | ECLKC \(hhs.gov\)](https://hhs.gov)

\*Free resource

*Consider these eight dimensions of staff well-being, described in more detail in the Substance Abuse and Mental Health Services Administration's [step-by-step guide to wellness](#).*



Scan this QR Code to access resource

CREATING A  
**HEALTHIER LIFE**  
A STEP-BY-STEP GUIDE TO WELLNESS



### Practical Strategies for Improving Staff Wellness (webinar video)

**Link to access:** [Practical Strategies for Improving Staff Wellness | ECLKC \(hhs.gov\)](https://hhs.gov)

\*Free resource

*Discover practical strategies for nurturing staff's well-being and hear about ideas and resources to build wellness into their everyday routines.*



Scan this QR Code to access webinar

### Center for the Study of Child Care Employment (CSCCE); Model Work Standards

**Link to access:** [The Model Work Standards - Center for the Study of Child Care Employment](#)

\*Free resource

Available for center-based and home-based providers.

The Model Work Standards are intended to be used for:

- Improving work environment and job conditions
- A self-assessment tool for early childhood programs
- Assessing and updating aspects of the physical setting
- Creating staff/employee handbooks and policies



Scan this QR Code to access the Model Work Standards





Administrators

# Health Resources





### **Nevada Strong Start Child Care Services Center**

**Link to access:** Health Insurance: [Nevada Child Care Services Center | Health Insurance \(nevadaccsc.org\)](https://nevadaccsc.org/HealthInsurance)

\*requires login to access information

\*Free resource

*The Patient Protection and Affordable Care Act or "ACA" for short, is the comprehensive health care reform law that made affordable health care insurance available to more people.*

- [Learn More About the ACA](#)

Scan this QR Code to access Nevada Strong Start Child Care Services Center



### **EAP (Employee Assistance Program) –**

**Link to access:** [Nevada Child Care Services Center | Employee Assistance Program \(nevadaccsc.org\)](https://nevadaccsc.org/EmployeeAssistanceProgram)

\*requires login to access information

\*Free resource

*An EAP provides voluntary, confidential services to employees who need help managing personal difficulties or life challenges.*

### **Vision Insurance:**

**Link to access:** [Nevada Child Care Services Center | Vision Insurance \(nevadaccsc.org\)](https://nevadaccsc.org/VisionInsurance)

\*requires login to access information

\*Free resource

- Vision benefits can be employer sponsored or offered to staff as an employee-paid benefit.
- Vision insurance is offered through Metlife/Davis Vision.
- Premiums must be direct billed/ACH either to the employer or to the individual.
- Read through the Rate Sheet for details on the plans available and costs
  - [Vision Insurance Group or Direct Billed Rate Sheet](#)

### **Reach out to Optima Benefits & Payroll for additional information or to sign up for benefits:**

- Optima Benefits & Payroll
- Email: [info@OptimaBenefitsGroup.com](mailto:info@OptimaBenefitsGroup.com)
- Call: 866-839-0511

### **Community Health Alliance, Nevada**

**Link to access:** [Health. Care. Respect. | Community Health Alliance](#)

*Convenient access to affordable, respectful, top-quality care.  
(Not insurance, but a resource for local health care, dental care options)*

Scan this QR Code to access Community Health Alliance information





## Health Resources

### Community Health Centers

**Link to access:** [Health Centers](#) | [Nevada Primary Care Association](#) | [Nevada, USA](#)

**\*Locations available in Reno, Sparks, Rural Nevada, and Southern Nevada**

*What is a community health center: Community Health Centers (CHCs) are non-profit, community-based, and patient-directed organizations that deliver comprehensive, culturally competent, high-quality primary health care services.*

*CHCs also often integrate access to pharmacy, mental health, substance use disorder, and oral health services in areas where economic, geographic, or cultural barriers limit access to affordable health care services. Anybody can receive care at a CHC.*

*For exact locations, please visit: [Nevada's FQHCs](#) or use this QR code:*

Scan this QR Code to  
access Community Health  
Centers information



### Good Rx

**Link to access:** [Prescription Prices, Coupons & Pharmacy Information - GoodRx](#)

*Save up to 80% on prescriptions<sup>1</sup>Easily get FREE GoodRx coupons to use at popular pharmacies.*



Scan this QR Code to  
access GoodRx

# Training & Professional Development





### UNR Cooperative Extension –

**Link to access:** [Early Childhood Professional Development | Extension | University of Nevada, Reno \(unr.edu\)](https://www.unr.edu/early-childhood-professional-development-extension)

*\*Free resource*

*Extension provides ongoing early childhood professional development that improves the knowledge, skills and abilities of child care providers working with young children. All training is approved by Nevada Registry and meet Nevada State Licensing requirements.*

#### Offerings:

- [Wellness- Obesity, Nutrition & Physical Activity](#)
- [Recognizing and Reporting Child Abuse and Neglect](#)
- Reducing the Risk of Sudden Infant Death Syndrome
- [Signs and Symptoms of Illness with Blood Borne Pathogens](#)
- Early Childhood Development: Birth to Three Years
- Early Childhood Development: Three to Five Years
- Early Childhood Development: Positive Guidance



Scan this QR Code to access UNR Cooperative Extension

### The Children's Cabinet –

**Link for training offerings:** [www.childrencabinet.org](http://www.childrencabinet.org)

*\*Free resource*

*Child Care Providers do so much to shape young minds and we are here to help. We are honored to be able to provide coaching, resources, and the support your child care needs.*

Scan this QR Code to access The Children's Cabinet



### EdWeb

**Link for training offerings:** [Events from Tuesday, February 4, 2025 – Monday, February 24, 2025 – edWeb](#)

*\*Free resource*

*edWeb.net is an award-winning professional learning network that makes it easy to collaborate, engage in peer-to-peer learning, and share innovative ideas and resources. Our edWebinars provide anytime learning with CE certificates for your PD hours! Primary focus feels to be K-12, but there are some relevant to ECE and administrators/directors.*



Scan this QR Code to access EdWeb

### BUILD Initiative

**Link to access:** [Tools & Resources - Build Initiative](#)

*\*Free resource*

*The BUILD Initiative is a national organization that advances work on behalf of young children from prenatal to five, their families, and communities.*

Scan this QR Code to access BUILD Initiative



### ChildTrends

**Link to access:** [Early Childhood Archives - Child Trends – ChildTrends](#)

*\*Free resource*

*Early Childhood resource*



Scan this QR Code to access ChildTrends



Training & Professional Development

**Truckee Meadows Community College, TMCC, Skills Certificates Program (4 available stackable ECE skills certificates available) -**

*Skills Certificates can consist of a single course or a short set of courses that provide training for entry-level positions or career advancement. These short-term certificates may also prepare students to take state, national and/or industry-recognized certifications or licensing exams.*

*Skills certificates are awarded upon completion of coursework and marked on a student's transcripts at the end of the semester. Students cannot declare a skills certificate as one's major. Skills Certificates are not eligible for Financial Aid.*

**Skills 1 - [Early Childhood Educator 1, SC | Truckee Meadows Community College Catalog \(tmcc.edu\)](#)**

**Skills 2 - [Early Childhood Educator 2, SC | Truckee Meadows Community College Catalog \(tmcc.edu\)](#)**

**Skills 3 - [Early Childhood Educator 3, SC | Truckee Meadows Community College Catalog \(tmcc.edu\)](#)**

**Skills 4 - [Early Childhood Educator 4, SC | Truckee Meadows Community College Catalog \(tmcc.edu\)](#)**



Scan this QR Code to access TMCC's Early Childhood Education program information



Scan this QR Code to access Skills Certificate 1 information



Scan this QR Code to access Skills Certificate 2 information



Scan this QR Code to access Skills Certificate 3 information



Scan this QR Code to access Skills Certificate 4 information

**College of Southern Nevada, CSN**

**[Link to access: Early Childhood Education Program | College of Southern Nevada](#)**

**Early Childhood Education: Infant/Toddler Education, Certificate of Achievement**

*(financial aid eligible)*

**For additional information:** [Program: Early Childhood Education: Infant/Toddler Education, CA - College of Southern Nevada - Modern Campus Catalog™](#)

*The Infant/Toddler Certificate in Early Childhood Education provides students with both the theoretical knowledge and practical skills training necessary for the care of infants and toddlers in family day care homes or childcare centers. This certificate enables students to meet Nevada State licensing requirements for Infant Toddler Director.*

**Early Childhood Education: Preschool Education, Certificate of Achievement**

*(financial aid eligible) –*

**For additional information:** [Program: Early Childhood Education: Preschool Education, CA - College of Southern Nevada - Modern Campus Catalog™](#)

*The Preschool Education Certificate in Early Childhood Education provides students with both the theoretical knowledge and practical skills training necessary for students working in a preschool setting, family day care home, or childcare center. This certificate enables students to meet Nevada State licensing requirements for Preschool Director.*



Scan this QR Code to access College of Southern Nevada's Early Childhood Education program information



Scan this QR Code to access Infant/Toddler Certificate of Achievement information



Scan this QR Code to access Preschool Certificate of Achievement information

# Crisis Management





If you or someone you know is struggling or having thoughts of suicide, call or text the [988 Suicide & Crisis Lifeline](https://www.988lifeline.org) at 988 or chat at [988lifeline.org](https://www.988lifeline.org). This service is confidential, free, and available 24 hours a day, 7 days a week. In life-threatening situations, call 911.

Scan this QR Code to



### **FindTreatment.gov**

**Link to access:** [Search For Treatment - FindTreatment.gov](https://www.findtreatment.gov)

*Find treatment.gov is the confidential and anonymous resource for persons seeking treatment for mental and substance use disorders in the United States and its territories.*

Scan this QR Code to access



### **Substance Abuse and Mental Health Services Administration (SAMHSA)**

**Link to access:** [Find Support | SAMHSA](https://www.samhsa.gov)

*Support for mental health, drug, and alcohol issues.*

Scan this QR Code to access



### **Community Health Alliance, Behavioral Health Supports**

**Link to access:** [Reno Behavioral and Mental Health | Community Health Alliance \(chanevada.org\)](https://www.chanevada.org)

*We offer a range of behavioral health services for both adolescents and adults, including:*

- In-person and telehealth appointments*
- Behavioral health screenings*
- Evidence-based treatments*
- Personalized therapy sessions*
- Psychiatric evaluations and medication management*
- Substance abuse prevention, treatment, and recovery programs*



Scan this QR Code to access

### **Solace Tree**

**Link to access:** [Home - The Solace Tree](https://www.solacetreecare.org)

*The Solace Tree is a non-profit organization that serves children, teens and adults in the Northern Nevada and Central California. All the children and teens served by The Solace Tree are coping with overwhelming grief issues from loss due to illness and death.*

Scan this QR Code to access



## Crisis Management



# Wellness Tip Cards



*These are small wellness moments designed for you to incorporate into your day. Feel free to cut them out for yourself or share with others to spread the inspiration.*

Logo here



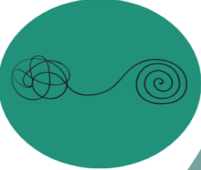
# Nevada Early Care and Education Workforce Wellness Guidebook





 **Nevada Early Care and Education Workforce Wellness Tip Card** 

5-minute mindfulness break:

Sit in a quiet spot, close your eyes, and focus on our breathing to calm your mind and reduce stress.




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 **Nevada Early Care and Education Workforce Wellness Tip Card** 

Practice a gratitude moment:

Take a few minutes to sit quietly and reflect on three things you're grateful for. They can be big or small. This simple activity helps shift your focus to positive thoughts and can improve your mood.




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 **Nevada Early Care and Education Workforce Wellness Tip Card** 

2-minute gratitude journaling session:

Grab a pen and paper and write down three things you're grateful for today. This simple practice helps shift your focus to the positive aspects of your life and boosts overall well-being.





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## Wellness Tip Cards




# Nevada Early Care and Education Workforce Wellness Guidebook





 **Nevada Early Care and Education Workforce Wellness Tip Card** 

Take a mindful walk:

Step outside and walk slowly, focusing on the sensation of each step. Pay attention to the sight, sounds, and smells around you, staying fully present in the moment. This can help clear your mind and reduce stress.




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 **Nevada Early Care and Education Workforce Wellness Tip Card** 

10-minute digital detox:

Take a 10-minute break from screens. Use this time to step away from your phone, computer or TV, and focus on something relaxing like stretching, listening to music, or simply enjoying the quiet. This helps reduce stress and refresh your mind.



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## Wellness Tip Cards