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**For Educators**

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**Generator Component**

[HeartMath](#) Heart Rate Variability biofeedback training

Fuel – Health Habits

[Higher Ed Learning Collective](#) Facebook group

Fuel – Social Support

[Thnx4 Gratitude Journal](#) offered by UC Berkeley

Capacity – Traits

[Article](#) on undergraduate mental health in CURAH

Capacity – Knowledge

[Mindfulness for Teachers: Simple Skills for Peace and Productivity in the Classroom](#) by Patricia A. Jennings

Capacity – Skills  
Output – Stressful Experiences

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**For Administrators**

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**Generator Component**

[Blacks in I/O Consultant Locator](#): Practitioners who can facilitate stress measurement, job design/redesign, and other occupational health interventions

Fuel – Job resources  
Capacity – Knowledge, Skills

[Article](#) with relevant strategies to promote engagement and reduce burnout

Fuel – Job resources  
Output – Workload & Experiences

[Article](#) on white allyship as an organizational change strategy

Output – Workload & Experiences

[NIOSH Measurement Tools](#) for Research & Practice

Output – Workload & Experiences

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