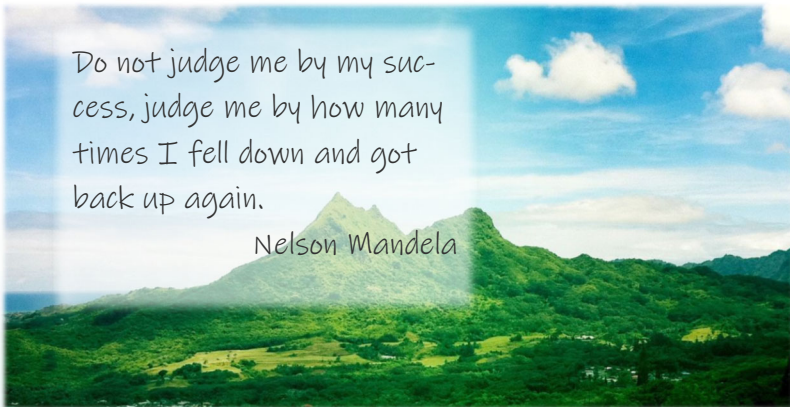




Building Resiliency and Empowerment through Self-care

Do not judge me by my success, judge me by how many times I fell down and got back up again.

Nelson Mandela



MINDFUL MINUTE EXERCISES

Quick and easy practices

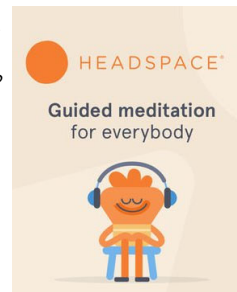
The Five Senses

Creating awareness of all five senses can allow you to refocus and feel more grounded. You can recognize all five senses individually during a one minute time frame or focus on an individual sense for an entire minute. Closing your eyes during some sensations can heighten the experience. Give it a try in your office, at home and outdoors. Pay attention to each detail you encounter, embrace it as it enters your thoughts then gently move it along to experience another.

SELF-CARE RESOURCES

Headspace App

A few minutes could change your whole day. Meditation has been shown to help people stress less, focus more and even sleep better. Headspace is meditation made simple.



<https://www.headspace.com/>

GOOD READS

Raising the Mindful Family

Psychologists Stefanie and Elisha Goldstein show us ways to strengthen relationships, increase everyone's well-being, and bring the family back together.

<https://www.mindful.org/raising-the-mindful-family/#>

The University of Maryland Extension 4-H Youth Development Program

Amy Rhodes, Amanda Wahle, Dwayne Murphy, Santana Mays, Vernelle Mitchell-Hawkins, Ann Sherrard, Christine Allred