



Building Resiliency and Empowerment through Self-care

A moment of self-compassion can
change your entire day.
A string of such moments can
change the course of your life.
-Christopher K. Germer

MINDFUL MINUTE EXERCISES

Quick and easy practices.

Self-Compassion—Be Kind to Yourself

Take a moment to reflect on these
statements..

We are as caring toward ourselves
as we are toward others.



Recognize our common humanity and shared
human experiences, our connection to others.

Being open to the reality of the present
moment, acknowledge our suffering without
exaggerating it.

Other self-compassion exercises. [READ More...](#)

SELF-CARE RESOURCES

How Self-Compassionate Are You?

Practicing self-
compassion
can aid it all
levels of your



health. You may need to look
inside to see how self-
compassionate you are al-
ready. Take the test to find
out. [READ More....](#)

GOOD READS

The Transformative Effects of Mindful Self-Compassion

When we are mindful of our
struggles, and respond to
ourselves with compassion,
kindness, and support in
times of difficulty, things
start to change. [READ](#)

[More...](#)

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