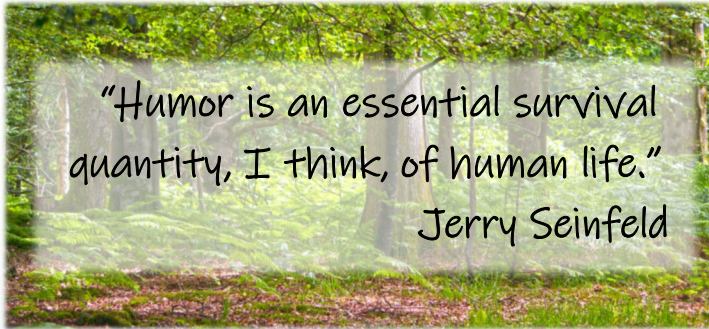




Building Resiliency and Empowerment through Self-care

Today's edition on "You Matter" explores the impact that incorporating humor in daily life can have on mental health and well-being on adults and children during these unprecedented times.



MINDFUL MINUTE EXERCISES

Quick and easy practices.

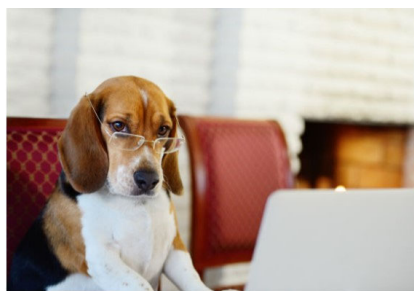
Mindful Humor

Feeling Zoom Meeting Fatigue?

[Watch this video for a laugh](#)

Take the next 2 minutes and 11 seconds, to enjoy a mindful moment. Humor, smiling, and a sense of feeling happy, maybe missing from your day.

Embrace the funny and joy it's truly MINDFUL!



SELF-CARE RESOURCES

Isolation Wellbeing: Every Day

- Drink water
- Clean one thing or space
- Tend to something growing or living
- Reach out to a human outside your home
- Do one thing to get your heart rate up
- Do one thing you'll be glad you did later
- Do one thing just because you want to
- Get in at least one good laugh

GOOD READS

Maintaining a Sense of Humor

A sense of humor can be an amazing line of defense when it comes to coping with stress. Unfortunately, stress is inevitable and you can't eliminate it, despite your best efforts. [READ More...](#)

The University of Maryland Extension 4-H Youth Development Program

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