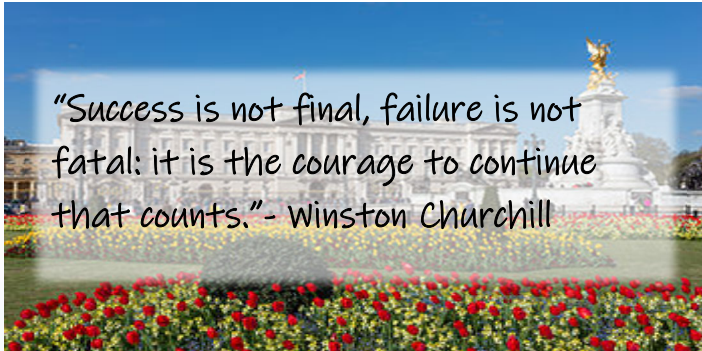




Building Resiliency and Empowerment through Self-care



MINDFUL MINUTE EXERCISES

Quick and easy practices.

Mindfulness at Work

Take a short break every hour.

While staying seated slowly bend over and touch your toes while breathing slowly and steady.

During lunch and snack breaks step away from the desk.

Make sure you are sitting in a comfortable position that supports your neck and lower back.

[READ More....](#)



SELF-CARE RESOURCES

Fitbit Data and COVID-19

The Scripps Research Translational Institute published a study that showed data from Fitbit wearables significantly improved the prediction of influenza-like illness.



[READ More...](#)

GOOD READS

The New Normal

During these trying times, many people are coping in different ways.

Read a college athlete's perspective and how she is dealing with everything.

[READ More...](#)



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