

You Matter

Article 15

Building Resiliency and Empowerment through Self-care

We think we listen, but very rarely do
we listen with real understanding,
TRUE Empathy.
Yet listening, of this very SPECAL kind,
is one of the most potent FORCES for
CHANGE that I know.
- Carl Rogers

MINDFUL MINUTE EXERCISES Quick and easy practices.

Improve Your Active Listening Skills

- Take 3 minutes a day to find silence, this resets your ears.
- Hear all the sounds around you, even if you're in a noisy environment, whether a crowded room or out in nature, listen to how many individual sounds you hear; this will improve the quality of your listening.
- Savor the mundane sounds, like a clothes dryer, lawnmower, coffee grinder, or



airplane overhead. Pay attention to the undertones and subtle qualities of everyday noises. READ More...

SELF-CARE RESOURCES

Music for Self-care

Do you recall a time when music lifted your mood, energized you, or transported you to another time or place?

Consider using music in an in-

tentional way to help you cope during a challenging time.

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GOOD READS

The Skill of Listening

Active Listening is a specific form of communication that lets another person know that you are "with them," aware of what they are saying, accepting of their perspective, and appreciative of their situation.

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