You Matter

Building Resiliency and Empowerment through Self-care

Resilience is not a fixed personality trait. It's a lifelong project. We can consciously work to build resilience pro-actively, but resilience is also forged in the fire. Sheryl Sandberg.

MINDFUL MINUTE EXERCISES Quick and easy practices.

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Go outside on an exciting adventure, try picking up a small rock or touching a plant or flower.



Notice the bugs or the birds. Take a moment to kneel down and touch the earth.



Walk mindfully paying close attention to everything. Make sure you walk in silence because you want to notice all those little details.

SELF-CARE RESOURCES

Grateful APP The idea for Grateful was based on research from Harvard Medical School, which showed a link between



expressing gratitude and improved health and emotions. <u>http://treebetty.com/apps</u>

GOOD READS

52 Journal Prompts for Kids on Self Esteem & Confidence Journaling is one of the best ways to help kids develop their self esteem, as it encourages reflection, offers confidence, provides stability, and promotes creativity. Journal Buddies Website

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

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