Building Resiliency and Empowerment through Self-care

"Success is not final, failure is not fatal: it is the courage to continue that counts." - Winston Churchill

**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.

**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 perceptive 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

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