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 SPECIAL 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 intentional way to help you cope during a challenging time.
READ More....

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.
READ More....

The University of Maryland Extension 4-H Youth Development Program
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