Building Resiliency and Empowerment through Self-care

MINDFUL MINUTE EXERCISES
Quick and easy practices.

Beginner Mindfulness
Our lives are very busy, so trying to add mindfulness can seem hard.

Take some simple steps to start having a life style that is more mindful.

Drink a glass of water when you first wake up.

When eating, just eat. Phones, computers, and TV are for another time.

Pay attention to your body. Take a scan of your body. Take note anything that needs attention. READ MORE...

SELF-CARE RESOURCES
Self Care With Your Phone
There are many apps out there that are for self care. Here are the 8 best apps according to Total Wellness Website.
READ More...

GOOD READS
Teaching Children Self-Reliance
Parents want their children to grow up to be self-reliant. Children who become successful adults possess “The Significant Seven” abilities. Every human being is born with the potential to become the world’s most capable creature. READ More...

You were once wild here. Don’t let them tame you.
~Isadora Duncan

The University of Maryland Extension 4-H Youth Development Program
Amy Rhodes, Amanda Wahle, Dwayne Murphy, Santana Ways, Vernelle Mitchell-Hawkins, Ann Sherrard, Christine Allred

University programs, activities, and facilities are available to all without regard to race, color, sex, gender identity or expression, sexual orientation, marital status, age, national origin, political affiliation, physical or mental disability, religion, protected veteran status, genetic information, personal appearance, or any other legally protected class.