Building Resiliency and Empowerment through Self-care

“Things work out best for those who make the best of how things work out.”

John Wooden

MINDFUL MINUTE EXERCISES
Quick and easy practices.

Everyday Mindfulness Explain and Short Exercise
Everyday you can practice mindfulness in small steps.
By practicing mindfulness everyday life can be more enjoyable and less stressful.
This video explains what everyday mindfulness is, and how it can help you.
Watch a simple 2 minute mindfulness exercise video.
Watch Here..

SELF-CARE RESOURCES
Mind Dump
Ever have too many things going on in your mind? Cannot sleep at night because you have so many thoughts and ideas? Maybe try a mind dump.
Read More..

GOOD READS
Growing Up Resilient
“The development of resili- ence occurs at three levels: individual, family and environ- mental.” A must read for not only parents but teachers and doctors.
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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