Building Resiliency and Empowerment through Self-care

Today's edition on "You Matter" explores the impact that incorporating humor in daily life can have on mental health and well-being on adults and children during these unprecedented times.

"Humor is an essential survival quantity, I think, of human life."  
Jerry Seinfeld

MINDFUL MINUTE EXERCISES
Quick and easy practices.

Mindful Humor

Feeling Zoom Meeting Fatigue?
Watch this video for a laugh

Take the next 2 minutes and 11 seconds, to enjoy a mindful moment. Humor, smiling, and a sense of feeling happy, maybe missing from your day. Embrace the funny and joy it’s truly MINDFUL!

SELF-CARE RESOURCES

Isolation Wellbeing: Every Day
• Drink Water
• Clean one thing or space
• Tend to something growing or living
• Reach out to a human outside your home
• Do one thing to get your heart rate up
• Do one thing you’ll be glad you did later
• Do one thing just because you want to
• Get in at least one good laugh

GOOD READS

Maintaining a Sense of Humor
A sense of humor can be an amazing line of defense when it comes to coping with stress. Unfortunately, stress is inevitable and you can’t eliminate it, despite your best efforts. READ More...

The University of Maryland Extension 4-H Youth Development Program
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