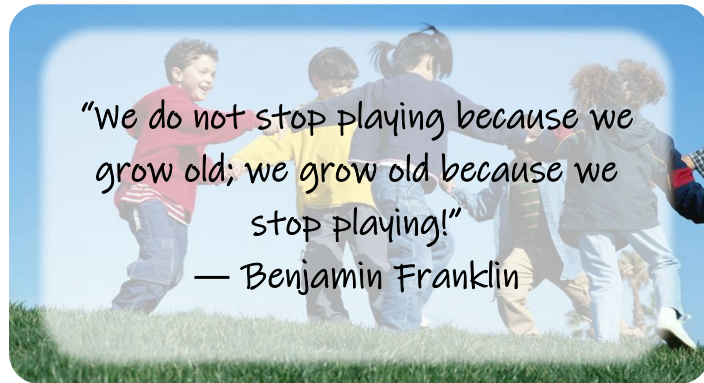




Building Resiliency and Empowerment through Self-care



"We do not stop playing because we grow old; we grow old because we stop playing!"
— Benjamin Franklin

MINDFUL MINUTE EXERCISES

Quick and easy practices.

Playing and Dancing, Letting it All Go

Mindfulness through play will not only reduce your stress in the short term, but can also have lasting effects that make you a more relaxed person overall. One great way to play as an adult or child is through dance. Be in the moment with whatever is your favorite music. Dance as a group or on your own. Here's how:

1. Make some space in your room so you can swing your arms and legs around
2. Load up your favorite track, and crank it up.
3. Move your body however you wish!
4. Give your full attention to the music if you can. Let the music move your body.

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SELF-CARE RESOURCES

Adults Need Playtime Too.

Most of us hear self-care and think of scheduling "me time," getting that extra hour of sleep or a much-needed massage. There is, however, one form of self-care that can be overlooked, the simple act of PLAY. Learn more about these five tips. 1. Schedule it in. 2. Engage your senses 3. Explore new experiences. 4. Indulge your childhood memories. 5. Laugh.

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GOOD READS

The Benefits of Play in Children

One of the most important gifts we can give our kids is time to play, both as a family and on their own. Finding time to play with kids can be a challenge if you are working, managing a household and meeting the many day-to-day challenges of getting things done. But play isn't optional. It's essential. [READ](#)

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