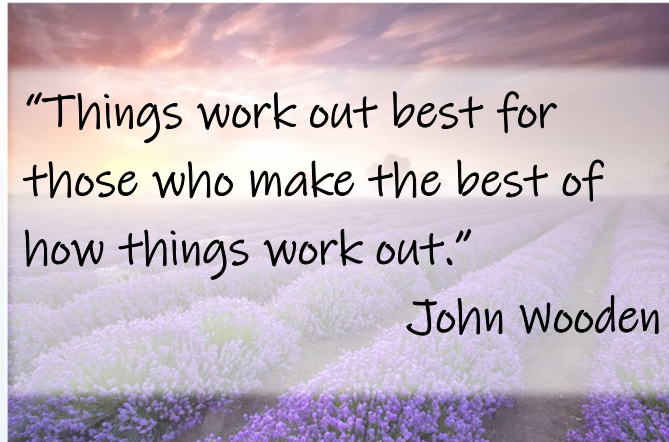




Building Resiliency and Empowerment through Self-care



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 resilience occurs at three levels: individual, family and environmental." A must read for not only parents but teachers and doctors.

[Read More..](#)

