



## Building Resiliency and Empowerment through Self-care

"Sometimes all it takes is a tiny shift of perspective to see something familiar in a totally new light."

Dan Brown

### MINDFUL MINUTE EXERCISES

Quick and easy practices.

#### Keeping Perspective

For all of us, the way in which we perceive life around us has changed. We view the world through video cameras, speak to others through microphones, and hear them from speakers on our devices. We only see a portion of people's faces wearing masks. We go fewer places, and when we do go out, we stand apart from each other, even distancing from friends and family. The narrowing of experiences and feelings of isolation may cause some unease or despair. Josh Davis, U.S. swimming Olympian and motivational speaker, offers these 4 mindful questions that can help us regain perspective on our place in the world.

- \* What 3 things in your life and the world inspire you?
- \* What 3 things scare you?
- \* Who are 3 people in your life encourage you?
- \* Who are 3 people that may need your help?



### SELF-CARE RESOURCES

#### Helping Kids Manage Disappointment over Cancelled Summer Plans

With many plans for fun summer activities canceled, children may need the help of adults to get through their disappointment, or maybe they just need someone to listen and acknowledge their emotions. Here is some advice from parent, author, and psychotherapist, Dr. Tina Payne Bryson, PhD, on working with kids dealing with disappointment. [READ More...](#)

### GOOD READS

#### So You Had a Bad Day

Working through a bad day? During times of change, small problems can feel like they are piling up. This column offers 7 ways to turn your day around. [READ More...](#)



The University of Maryland Extension 4-H Youth Development Program

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