



## Building Resiliency and Empowerment through Self-care

You were once wild here.  
Don't let them tame you..  
~Isadora Duncan



### MINDFUL MINUTE EXERCISES

Quick and easy practices.

#### Beginner Mindfulness

Our lives are very busy, so trying to add mindfulness can seem hard.

Take some simple steps to start having a life style that is more mindful.

Drink a glass of water when you first wake up.



When eating, just eat. Phones, computers, and TV are for another time.

Pay attention to your body. Take a scan of your body. Take note anything that needs attention. [READ MORE...](#)

### SELF-CARE RESOURCES

#### Self Care With Your Phone

There are many apps out there that are for self care. Here are the 8 best apps according to Total Wellness Website.



[READ More...](#)

### GOOD READS

#### Teaching Children Self-Reliance

Parents want their children to grow up to be self-reliant. Children who become successful adults possess "The Significant Seven" abilities. Every human being is born with the potential to become the world's most capable creature. [READ More...](#)



The University of Maryland Extension 4-H Youth Development Program

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