



Building Resiliency and Empowerment through Self-care

My mission in life is not merely to survive, but to thrive; and to do so with some passion, some compassion, some humor, and some style.

-Maya Angelou

MINDFUL MINUTE EXERCISES

Quick and easy practices.

Enjoy the Holidays More with Mindfulness

Summer is here! With summer usually comes holidays, vacations and gatherings of family/friends. This summer may look different for many individuals. To get through this challenging time in quarantine, mindfulness is key. Experts from the Child Mind Institute suggest slowing down to savor the moment. This can look like taking a walk, blowing bubbles with the kids, or sitting outside for a "brain break" [READ More...](#)



SELF-CARE RESOURCES

Uplift Radio

Uplift Radio is designed to provide radio material that is positive and



encouraging. The Good Life Project is a show that features inspirational stories to help people see life through a positive lens. [READ More...](#)

GOOD READS

Three Ways to Keep Coping

With all the events that are happening in our society, it is important to take time to process what is happening. Individuals and families may find it important to focus on the light at the end of the tunnel. [READ More...](#)

The University of Maryland Extension 4-H Youth Development Program

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