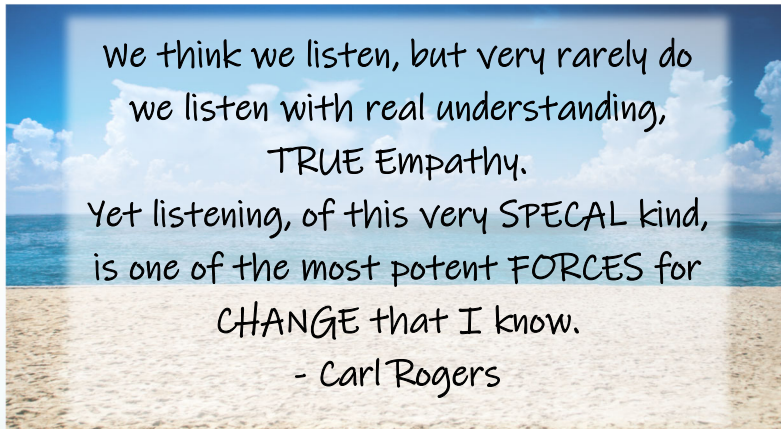




## Building Resiliency and Empowerment through Self-care



### MINDFUL MINUTE EXERCISES

Quick and easy practices.

#### Improve Your Active Listening Skills

- Take 3 minutes a day to find silence, this resets your ears.
- Hear all the sounds around you, even if you're in a noisy environment, whether a crowded room or out in nature, listen to how many individual sounds you hear; this will improve the quality of your listening.
- Savor the mundane sounds, like a clothes dryer, lawnmower, coffee grinder, or airplane overhead. Pay attention to the undertones and subtle qualities of everyday noises. [READ More...](#)



airplane overhead. Pay attention to the undertones and subtle qualities of everyday noises. [READ More...](#)

### SELF-CARE RESOURCES

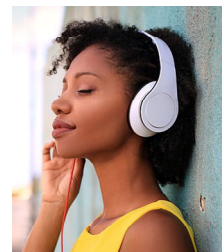
#### Music for Self-care

Do you recall a time when music lifted your mood, energized you, or transported you to another time or place?

Consider using music in an intentional way to

help you cope during a challenging time.

[READ More...](#)



### GOOD READS

#### The Skill of Listening

Active Listening is a specific form of communication that lets another person know that you are "with them," aware of what they are saying, accepting of their perspective, and appreciative of their situation.

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