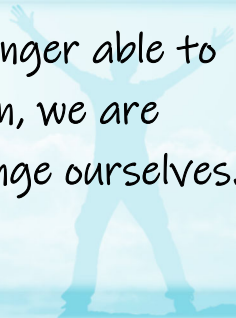




## Building Resiliency and Empowerment through Self-care

When we are no longer able to change a situation, we are challenged to change ourselves.  
Viktor Frankl



### MINDFUL MINUTE EXERCISES

Quick and easy practices.

#### Just One Breath

Find a relaxing place, sit comfortably, and set a timer for one minute.



Breathe deeply in and out while paying attention to any sensations you notice or sounds you hear.

Take another slow deep breath, imagine the air moving down into the lungs and back up.

Take one more deep breath and hold for a moment, then release it.

Credit-Big Life Journal



### SELF-CARE RESOURCES

#### Why I am Grateful.

I am grateful for....

- My family
- Who I am
- My friends
- Good things that happened
- Something silly



This is a downloadable worksheet great for everyone to reflect on gratitude to help shift our attitudes towards positivity.

[READ More...](#)



#### GOOD READS

##### Building your Resilience

We all face trauma, adversity and other stresses. Here's a roadmap for adapting to life-changing situations, and emerging even stronger than before. [READ More...](#)