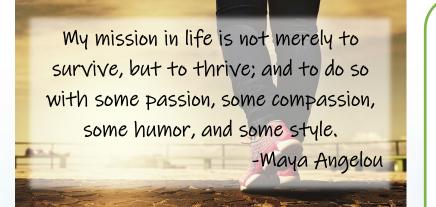
# You Matter

## Building Resiliency and Empowerment through Self-care



VERSITY OF

ENSI

### 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" <u>READ More...</u>



# 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. <u>READ More....</u>

## 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. <u>READ More....</u>

The University of Maryland Extension 4-H Youth Development Program Amy Rhodes, Amanda Wahle, Dwayne Murphy, Santana Mays, Vernelle Mitchell-Hawkins, Ann Sherrard, Christine Allred

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