



## Building Resiliency and Empowerment through Self-care

Resilience is not a fixed personality trait. It's a lifelong project. We can consciously work to build resilience pro-actively, but resilience is also forged in the fire.  
Sheryl Sandberg.

### MINDFUL MINUTE EXERCISES

*Quick and easy practices.*

#### Go on a SAFARI

Go outside on an exciting adventure, try picking up a small rock or touching a plant or flower.



Notice the bugs or the birds. Take a moment to kneel down and touch the earth.

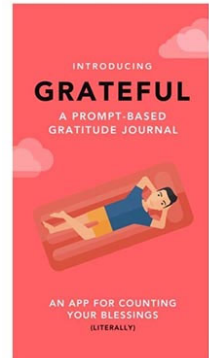


Walk mindfully paying close attention to everything. Make sure you walk in silence because you want to notice all those little details.

### SELF-CARE RESOURCES

#### Grateful App

The idea for Grateful was based on research from Harvard Medical School, which showed a link between



expressing gratitude and improved health and emotions.  
<http://treebetty.com/apps>

#### GOOD READS

#### 52 Journal Prompts for Kids on Self Esteem & Confidence

Journaling is one of the best ways to help kids develop their self esteem, as it encourages reflection, offers confidence, provides stability, and promotes creativity.

[Journal Buddies Website](#)

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