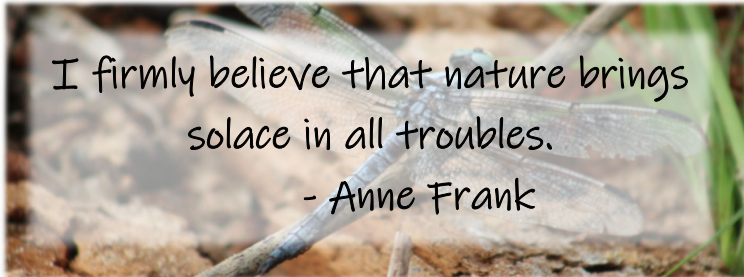




Building Resiliency and Empowerment through Self-care



I firmly believe that nature brings solace in all troubles.
- Anne Frank

MINDFUL MINUTE EXERCISES

Quick and easy practices.

Nature Sit Spots

My grandfather used to say "sometimes you just need to slow down and watch the grass grow".

Take a few minutes each day to observe the daily changes in nature.

Pick a comfortable spot (outside, looking out of a window, or even on the sidewalk)

Sit quietly and observe what is happening around you (birds, squirrels, flowers growing, etc.)

Observe what has changed from day to day

Reflect on how the small consistent changes add up over time.

- Adapted from Coyote's Guide by Jon Young, Ellen Haas, and Evan McGown

SELF-CARE RESOURCES

Day One Journaling

Journaling can help us process our daily thoughts and de-stress at the end of the day. The Day One Journaling app makes it easy with the ability to add text and pictures to your journal.



The app is available on android and apple devices.

[READ More...](#)

GOOD READS

An Indoor Nature Connection guided practice

Sit back, relax, close your eyes and listen to the calming sounds of nature as Julián Ruiz Sáez leads you through a 20 minute meditation designed to help you relax and find a connection to nature even if you are sitting at your desk. .

[Listen Here](#)

The University of Maryland Extension 4-H Youth Development Program

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