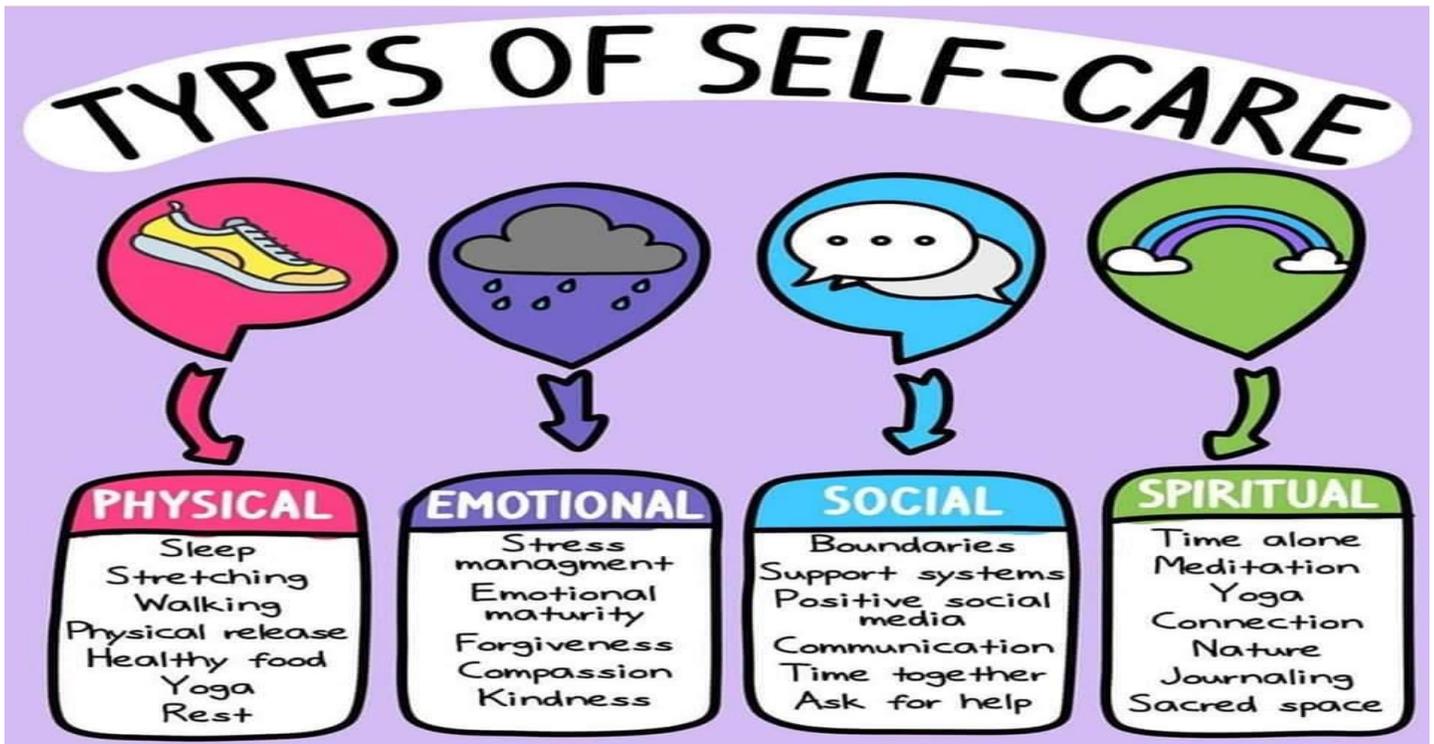


Self-Care Resources



Active Relaxation

[How Are You Feeling Today](#)

Floating on a Cloud Meditation

[Calm Music Meditation](#)

Observing Your Breath for Parents

[Observing-Your-Breath Exercises](#)

Calm Meditation

[Take a Deep Breath](#)



Professional

Activities you do at work that help create a healthy work-life balance and reduce overall stress regarding your career

Take time for lunch
Set boundaries... Say NO
Take breaks!

Teletherapy
Journal
Garden

Psychological

Activities that addresses your emotional needs, allows you to engage your creativity, and challenges your brain.

Personal

Activities that nurture and deepen the relationships with people in your life.

Self-Care

The practice of actively promoting self-love, self-protection, and self-nourishment

Make Vision Board
Foster Friendships

Physical

Activities you do that improve the well-being of your physical health.

Eat Healthy
Exercise at Home
Sleep
Bubble baths

Emotional

the act of allowing yourself to feel your emotions for what they are — with little to no judgement

Watch a funny movie
Affirmations
Cuddle with your pet

Spiritual

the act of getting in touch with your inner human spirit & soul something bigger than you

Self-Reflection
Meditation
Connect with your spiritual community

“Acknowledge, accept, and honor that you deserve your own deepest compassion and love,” Nanette Mathews.

Body Scan Meditation (2:44)

Begin by bringing your attention into your body
You can close your eyes if that's comfortable to you
You can notice your body, seated, wherever you're seated
Feeling the weight of your body, on the chair, on the floor
And take a few deep breaths
And as you take a deep breath
Bring in more oxygen and livening the body
And as you exhale
Have a sense of relaxing more deeply
You can notice your feet on the floor
Notice the sensation of your feet touching the floor
The weight and pressure, vibration, heat
You can notice your legs against the chair
Pressure, pulsing, heaviness, lightness
Notice your back against the chair
Bring your attention into your stomach area
If your stomach is tense or tight, let it soften
Take a breath
Notice your hands
Are your hands tense or tight?
See if you can allow them to soften
Notice your arms
Feel any sensation in your arms
Let your shoulders be soft
Notice your neck and throat
Let them be soft, relaxed
Soften your jaw
Let your face and facial muscles be soft
Then notice your whole body present
Take one more breath
Be aware of your whole body, as best you can
Take a breath
And then when you're ready
You can open your eyes