

# Self-Care Resources

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## Books

Audible: <https://stories.audible.com/start-listen>

## Coloring

Mandalas: <http://www.supercoloring.com/coloring-pages/arts-culture/mandala/tibetanmandalas>

Walters Art Museum Collection Coloring Pages: [https://thewalters.org/experience/virtual-museum/coloring/?mc\\_cid=47922bbaf6&mc\\_eid=d215d52c85](https://thewalters.org/experience/virtual-museum/coloring/?mc_cid=47922bbaf6&mc_eid=d215d52c85)

## Exercise

YMCA 360: <https://ymca360.org/#/>

## Journaling

How to start a gratitude practice: <https://www.lifehack.org/794635/gratitude-journal>

## Meditation

Calm: <https://www.calm.com/blog/take-a-deep-breath>

Headspace: <https://www.headspace.com/covid-19>

Guided Meditation: <https://youtu.be/Ix73CLI0Mo0>

## Mindfulness

Mindfulness Based Techniques for Anxiety: <https://www.youtube.com/watch?v=9ax4vSdcTQk>

## Yoga

Yoga with Adriene: <https://www.youtube.com/user/yogawithadriene>