

Self-Care Resources



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

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>