

Self-Care Activities & Resources

We are all in this together ... and we need each other to get through it!
Thank you to all who shared their self-care activities, resources and ideas.

We have gathered the following activities and resources from live participants in the RR-VHV Self-Care webinar held on May 13, 2020.



Self-Care Activities

Exercise: Walking, running, yoga, hiking, work-out, kettlebells, dancing, zumba, hula hoop, being in nature

Creative: Baking, painting, gardening, singing, playing piano, crocheting, knitting, writing poetry, sewing masks, cooking, making floral arrangements, coloring books

Water Related: Bubble bath, hot showers, hot tub, swimming

Quiet Activities: Reading, deep breathing, praying, relaxing on patio listening to birds, meditation, snuggling pets, puzzles, napping, essential oils/candles, sleeping, bird watching

Social Activities: Games with family, virtual church groups

Technology Activities: Visiting with family/friends electronically, video games, listening to podcasts, watching documentaries, movies, and TV shows

Creating Special Place: Using fancy glasses/dishes, using candles and essential oils, cleaning, playing uplifting music

How Participants are Creating Connections

Virtual meetings on Zoom Duo, Facetime, etc.; creating care packages for family members; group Zoom; MS Teams with co-workers; more frequent phone calls; trunk graduation parties; “snail” mailing cards; virtual dance parties; virtual paint nights; driveway bingo; talking to neighbors; drive-by parade for families in program; playing virtual card games (Euchre and others); Houseparty app; reading books to others online; drop off crafts for family; neighbor patio party (6 feet apart); “coffee chat” in the morning with co-workers; online trivia hosted by local restaurant... .

When Self-Care is Not Enough (may have fees)

For New Yorkers

[NYS Mental Health Hotline](#)

For military personnel

[Give an Hour Mental Health Services](#)

[Military One Source](#)

Other Resources

(may have fees)

Coaching

[COVID Coach](#)

[Coach App](#)

Music & Movement

[Go Noodle](#)

Meditation

[Ananda Meditation](#)

[Headspace](#)

[Mindfulness Exercises](#)

[Palouse Mindfulness](#)

[Pure Edge Inc](#)

[SoulTime](#)

[Ten Percent Happier](#)

Apps

[Balance App](#)

[Calm App](#)

[Insight Timer App](#)

[Simple Habit App](#)

Ambiance & Environment

[Aquariums](#)

[Elsa \(from Frozen\) Relaxation](#)

[Relaxing Nature Sounds](#)

[Sound Environment](#)

Exercise

[Cosmic Kids Yoga](#)

[Next 90 Day Challenge](#)

[Kids Yoga](#)

[YMCA](#)

[Yoga with Adrienne](#)



Resources Mentioned by Presenters in Webinar

[Zero to Three Mindfulness Breaks](#)

Practice mindfulness with Maria Gehl, an internationally recognized leader in mindfulness in early childhood. During weekly 15-minute sessions, Maria guides participants through simple yet effective techniques to use throughout the day to manage stress and anxiety.

[Self-Care Wheel](#)

An empowering, affirming, and positive tool to manage stress, increase contentment and life satisfaction. With over 80 self-care exercises and healing modalities, Self-Care Wheel is a great beginning for your personalized, preventative, and sustainable Self-Care plan.

[Compassion Fatigue Workbook](#)

The Compassion Fatigue Workbook is a lifeline for any helping professional facing the physical and emotional exhaustion that can shadow work in the helping professions. It provides concrete strategies to help the reader develop a personalized plan for identifying and transforming compassion fatigue and vicarious traumatization.



Presenters: Katherine Casillas, Ph.D. // The Kempe Center at University of Colorado
Mary Caputo, M.Ed. // Zero to Three

Moderator: Christine Camper // Families Forward