

Self-Care Self-Compassion



Practicing Resilience for Self-Care & Healing



ACESCONNECTION / COMMUNITIES / PRACTICING RESILIENCE FOR SELF-CARE & HEALING / BLOG / 22 THINGS TO PUT IN YOUR 'SELF-SOOTHING' KIT (THEMIGHTY.COM)

ARTS/WRITING / EVIDENCE-BASED HEALING / RESILIENCE PRACTICES

22 Things to Put in Your 'Self-Soothing' Kit (themighty.com)

 DANA BROWN ● 11/14/17 ● 8:39 PM ●

"A blank journal and a pen. Sometimes the best thing to do when you feel anxious, depressed, hopeless — or simply nothing at all — is to write. The act of writing forces you focus (always a good thing when you're trying to calm your heart) and organize your thoughts into coherent sentences. Pouring your worries onto paper keeps them from continually rattling around in your head and instead gives you a place from which to view them objectively." — Sydney W.



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- Mindfulness Practices
- Resilience Practices
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- Good Nutrition and Exercise
- Resilience Studies
- Resilience Research
- Healthy Social Interactions
- Nature

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[22 Things to Put in Your 'Self-Soothing' Kit](#)

The Sound Of Nature Helps Us Relax



The gentle burbling of a brook, or the sound of the wind in the trees can physically change our mind and bodily systems, helping us to relax. New research explains how, for the first time.

<https://scienceblog.com/493164/true-sound-nature-helps-us-relax/>

Calming Sea and Native American Flute



Relaxing Music to Beautiful Nature



Practicing Resilience for Self-Care & Healing



ACESCONNECTION / COMMUNITIES / PRACTICING RESILIENCE FOR SELF-CARE & HEALING / BLOG / A HOLIDAY COMPANION (SOUNDS TRUE_19 PAGES)

MINDFULNESS PRACTICES

A Holiday Companion (Sounds True_19 pages)

 DANA BROWN ● 1 DAY AGO



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[Self-Care for the Holidays \(19 pages\)](#)



GUIDED IMAGERY

“For a technique to work
it must be taught as a
skill and not as a cure for
pathology.

It must first and foremost
find ways to re-regulate
the nervous system.”

*Belleruth Naparstek,
Health Journeys*

www.huffingtonpost.com/belleruth-naparstek/mental-health-note-to-col-b-553096.html



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CAPACITAR EMERGENCY KIT

In 2005, we responded to Hurricane Katrina by putting together this kit of simple basic practices for immediate use to help people deal with challenging situations, such as natural disasters, violence or chronic stress. Since then it has been translated into more than 20 languages and used in countries after tsunamis, earthquakes, floods and areas of ongoing conflict.

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Capacitar’s vision is a healed and whole world where people are united across borders in solidarity, understanding, reconciliation and peace.

Capacitar’s mission is to heal ourselves and heal our world. **We teach simple holistic wellness practices that help people tap into the wisdom of their own body, mind and spirit.** This leads to healing, wholeness and peace in the individual and in the world.

In 2005, we responded to Hurricane Katrina by putting together this kit of simple basic practices for immediate use to help people deal with challenging situations, such as natural disasters, violence or chronic stress. Since then it has been **translated into more than 20 languages** and used in countries after tsunamis, earthquakes, floods and areas of ongoing conflict.

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