

Wellness Guide

Simple self-care activities and resources to build resilience

Self-Care

Be selfish. Do one thing today just because it makes you happy.

Release. Anger, stress, frustration and any other mental blocks that consumes your joy and energy.

Caring for others

Get/Give positive feedback. Ask three good friends to tell you what they love about you (and return the love).

Understanding others. I will try to better understand someone who I do not usually get along with.

Daily acts of caring

Daily affirmations. Today I will tell myself why I am important and why I matter. I will not put myself down; I will reaffirm my value and worth.

Be mindful. Today I will practice praise rather than criticism. I will talk less and listen more.

Caring for the community

Spread joy. Today I will treat everyone I meet with a smile and courtesy. I will remain centered and talk from the heart.

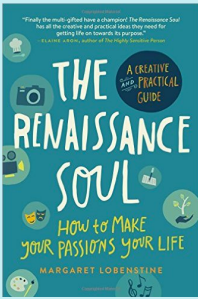
Pay it forward. Today I will speak and approach everyone with kindness and respect.

Caring acts for each other

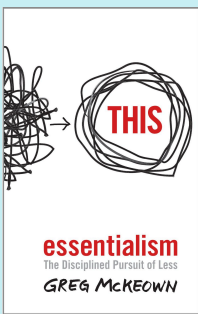
Sharing affirmations. When you catch someone acting kindly, stop to acknowledge and thank them.

Support. I will provide support, encouragement and compassion to the members of the Southside TICN.

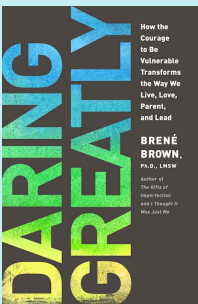
Books



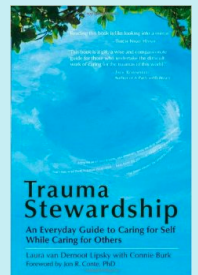
- The Renaissance Soul - Margaret Lobenstine



- Essentialism - Greg McKeown



- Daring Greatly - Brené Brown

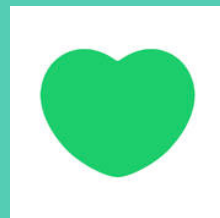


- Trauma Stewardship
Lauren van
Dernoot Lipsky

Apps



GRID DIARY



STIGMA



SMILING MIND



BLOOM*



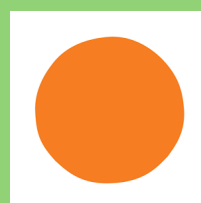
VIRTUAL HOPE BOX



STOP. BREATHE.THINK



DORMIO



HEADSPACE

Resources

- **Mandalas**
Coloring mandalas can be a great source for healing and spiritual reflection. There is no right or wrong way to complete mandalas.
- **Eye Leo**
Reminds you to take breaks regularly, throughout the workday. And shows you simple eye exercises, and will result in less physical fatigue.
- **The Resilience Game - Harvard**
This interactive game allows you to learn how to help children and the community as a whole become more resilient.
- **Building bridges of hope - Sue B.**
In this coloring book, tips and strategies for parents and caregivers are shared. This book provides a resource for anyone on the road to healing and wholeness.