

## Self-Care Resources – Updated August 2018

### **TAKE FIVE**

Search for a short video that gives your mind a break. [www.youtube.com](http://www.youtube.com)

**Sample Search:** 2-minute relaxing music

**Sample results:** (2-minute Rock relaxing music)

<https://www.youtube.com/watch?v=XnGgeXd23N0>

(study music – concentrate 2 min-Mozart effect)

<https://www.youtube.com/watch?v=F10RakdTxZ4>

**Sample Search:** 5-minute music

**Sample Results:** (5-minute relaxing music)

<https://www.youtube.com/watch?v=sbNZ1pi2Us8>

(5-minute Latin music)

[https://www.youtube.com/watch?v=EASya9I\\_Cfo](https://www.youtube.com/watch?v=EASya9I_Cfo)

Note: Some YouTube videos start with an ad. Usually there is a small square to skip the ad.

### **TAKE TEN TO FIFTEEN MINUTES**

**Free Guided Meditations:** For an introduction to mindfulness meditation that you can practice on your own. Includes 3-10 minute meditations on breathing, working with difficulties, loving kindness and sleep. Website: UCLA Health/ Mindful Awareness Research Center.

[www.marc.ucla.edu/mindful-meditations](http://www.marc.ucla.edu/mindful-meditations)

### **ONCE A WEEK**

**Celebrate** when you can make time to do something you enjoy.

**Gratitude Journal:** Jason Marsh’s article looks at studies about the use of gratitude journals and what seems to work. Recommendations include:

- Making the choice to find something good that happened during the week seems more effective than deciding to keep a gratitude journal.
- Include the unexpected or surprising events.
- Don’t overdo it! Writing once a week can be more beneficial than writing daily.

To read the full article, go to

[https://greatergood.berkeley.edu/article/item/tips\\_for\\_keeping\\_a\\_gratitude\\_journal](https://greatergood.berkeley.edu/article/item/tips_for_keeping_a_gratitude_journal)