

Curated by Jahwula Seapoe via VDA

Physical Self-care:

Physical activities that improve your well-being, providing you with enough energy to enjoy life

Resource Links:

Dance Tabata:

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

<https://www.youtube.com/watch?v=bgdb5Qgl9aU>

<https://www.youtube.com/watch?v=SJ6f2TnHZBc>

Walking Workouts:

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

<https://www.youtube.com/watch?v=nmNCH-Ueq8E&t=6s>

Sleep Meditations:

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

Practical Self-Care:

Actions you complete that fulfill the core aspect of your life, in the prevention of future stressful situations

Resource Links:

Budgeting: Clever Girl Finance

<https://www.clevergirlfinance.com/blog/the-best-budget-templates/>

Skill enhancement courses:

- Skillshare.com - <https://skl.sh/3DgNFiT>
- Udemy.com - <https://www.udemy.com/>
- Google Certs - https://grow.google/certificates/#?modal_active=none
- Coursera.com - <https://www.coursera.org/>

Meal Prep: 7-day meal prep plan -

<https://thegirlonbloor.com/7-easy-ways-to-meal-prep-for-beginners/>

Social Self-Care: Activities that nurture our relationships with others

Resource Links:

<https://www.amazon.com/Dont-Sweat-Small-Stuff-Its/dp/0786881852>

<https://www.meetup.com/topics/philadelphia/>

<https://www.eventbrite.com/>

Facebook Groups

Mental Self-care: Any activity that stimulates your mind and cultivates a healthy psyche

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Resource Links:

Read a Book:

<https://www.goodreads.com/>

<https://www.audible.com/>

Practice Self-compassion:

<https://mindfulnessexercises.com/free-self-compassion-exercises/>

<https://self-compassion.org/category/exercises/>

Gain new Hobbies!

<https://www.creativebloq.com/features/great-creative-hobbies>

Emotional Self-care: the actions we take to connect with our emotions and process them in a healthy way

Resource Links:

Practice gratitude:

<https://www.youtube.com/watch?v=xfD4HaBBc0I>

Find a therapist:

<https://www.psychologytoday.com/us>

Affirmations:

<https://www.affirmationpod.com/>

Spiritual Self-care:

any activities you engage in to connect with and nurture your soul

Resource Links:

Scripting to Manifest:

<https://www.thepathprovides.com/blog/7-easy-scripting-exercises-successfully-use-the-law-of-attraction-to-manifest-the-life-you-want>

Hiking Trails: <https://fow.org/>

Daily Word: <http://www.dailyword.com/>

Yoga for Beginners:

https://www.youtube.com/channel/UC6HhF-dMOqwA8m_ZspeA9kQ

<https://www.youtube.com/channel/UCxYVPua6HC46HzgT8lIn3vg>

<https://youtu.be/1xRX1Muolmw>

Creating a Vision Board:

<https://www.oprahdaily.com/life/a29959841/how-to-make-a-vision-board/>

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