



Think of this as your self-care menu! Try something new and discover what you like. Remember, self-care is all about finding what works for you!

Category	Title
Mindfulness & Meditation	
Downloadable Apps	Headspace (free and subscription content)
	Calm (free and subscription)
	Intimind (Spanish, free and subscription)
	Insight Timer (free and subscription)
	Smiling Mind (free and subscription)
	Stop, Breathe, Think (free and subscription)
Youtube	Yellow Brick Cinema
	Meditative Mind
	The Mindful Movement
Yoga & Stretching	
Youtube	Yoga with Adrienne
	Yoga with Cassandra
Facebook	Breath Centric Yoga (Live and recorded yoga lessons by local Yoga therapist, Trevor Hawkins)
Pilates	
Youtube	Blogilates
Dance Workout	
Youtube	The Fitness Marshall (fun, cardio dance workout)

	to today's top hits)
	Dance FitSugar (a variety of different dance workouts ranging in intensity)
	Live.Love.Party (Zumba dance workout)
Outdoor Walking/Running	
Downloadable Apps	Human (great for staying motivated)
	Nike+ Run Club (guided/coached runs and walks)
	Seek (Scan the beauty around you and learn more about nature on your walk)
	Zombies. Run! (if you love video games and The Walking Dead, you'll love this one!)
Cooking & Healthy Eating	
Youtube	Honeysuckle
	Healthnut Nutrition
	FlavCity with Bobby Parrish
Virtual Calming Room	
Website	Jennifer Hatfield, OUSD School Counselor
Social Connection	
Downloadable Apps	Houseparty (Similar to Facetime, but you can play pictictionary and Headsup with family online)
Coloring and Art	
Downloadable Apps	Color Therapy
	Pigment
Youtube	Babas Art (directed drawing for adults)
Website	Printable Adult Coloring Pages