

## **Colonial Staff Self Care Notes 5.1.20**

### **Resources**

To practice a guided loving-kindness meditation:

- Loving Kindness Meditation;

[http://marc.ucla.edu/mpeg/05\\_Loving\\_Kindness\\_Meditation.mp3](http://marc.ucla.edu/mpeg/05_Loving_Kindness_Meditation.mp3)

### **Top recommended reading:**

- That Discomfort You're Feeling Is Grief, Harvard Business Review

<https://hbr.org/2020/03/that-discomfort-youre-feeling-is-grief>

### **More resources on recognizing and validating grief:**

- Grieving the Losses of Coronavirus, New York Times

<https://www.nytimes.com/2020/03/23/well/family/coronavirus-grief-loss.html>

- Exercises to Aid in Practicing Self-Compassion

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

- Self-Compassion Break, 5 minutes

[https://self-compassion.org/wp-content/uploads/2015/12/self-compassion.break\\_.mp3](https://self-compassion.org/wp-content/uploads/2015/12/self-compassion.break_.mp3)

- Be Kind to Yourself — Right Now, instructions for a loving-kindness practice

<https://www.mindful.org/be-kind-to-yourself-right-now/>

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