Please direct questions to: Jana Sill: j.sill@utah.edu Anna Purkey: anna.purkey@utah.edu

Self-Care Resources

Websites

Prevention Technology

Each resource on the right is a clickable link and will take you to the website where the resource is located

Transfer Center Network		Self-Care Resources
Centers for Disease Control	• • • • • • • • • • •	Daily Life and Coping
Substance Abuse and Mental Health Services Administration (SAMHSA)	• • • • • • • • • • •	Resources and Information Provider and Staff Self-Care Presentation
SAMHSA-HRSA Center	• • • • • • • • • • • •	Health and Wellness
National Association of School Psychologists	• • • • • • • • • • • •	COVID-19: Resource Center
National Association of Social Workers	• • • • • • • • • • • •	Self-Care During the Coronavirus Pandemic
University at Buffalo, School		Self-Care Starter Kit
of Social Work		Self-Care Resources
National Alliance on Mental Illness (NAMI)	• • • • • • • • • • • •	COVID-19 Information and Resources Resource and Information Guide
University of Utah Mindfulness Center	• • • • • • • • • • • •	Practice Mindfulness
Compassion Fatigue Awareness Project	• • • • • • • • • • •	Homepage Self-Assessments

Apps

NOTE: Some of these apps are entirely free, but may require subscriptions to access certain features

Meditation/Mindfulness

Headspace YouTube

- Smiling Mind (Offers free) meditations)
- O Insight Timer (Free daily meditation)
- O Stop, Breathe & Think (Offers free meditations and subscriptions)

Well-Being

- O Happify (Offers free meditations and subscriptions)
- O What's Up (Free therapeutic concepts and coping skills lessons)
- O Breathe2Relax (Free stress) management tool)

Emily Fletcher

Books

- O The Power of Meaning
- Quiet
- O Silence-In the Age of Noise
- Stress Less, Accomplish More
- **Emily Smith** Ву... Susan Cain Ву...
- Erling Kagge Ву...

Ву...

- O The Blissful Mind
- O James Clear
- O My Morning Routine

Guided Meditation Videos

Blogs

- Verily Mag
- The Sunday Chapter
- Embracing Simple Blog
- Career Girl Daily