Taking Care of Yourself

Taking Care of You (UCLA Prevention Center of Excellence)
It is important to make time to support your own wellbeing. Use this printable to identify the activities that will allow you to be more resilient and present in day-to-day activities.

Compassion Fatigue and Self-Care (UCLA Prevention Center of Excellence)
A printable tool offering some ways to practice self-care, even if you only have a few minutes.

Taking Care of Yourself During Crisis (UCLA Prevention Center of Excellence)
A tip sheet to help identify common signs of stress and practical strategies to take care of your own wellbeing while providing assistance to others during crises.

Toolkit for Immigration and Human Rights Advocates (Corazón Norte)
A guide for immigration and human rights advocates as they navigate changes.

The California Surgeon General's Playbook for Stress (Office of the California Surgeon General)
This guide reviews strategies and tips to manage stress.

Caring for Ourselves and Each Other: Support for Educators Impacted by Recent Immigration Deportation Activity and Community Unrest (LA County Office of Education)
A resource for school-based employees reviewing common stress responses, secondary trauma, and coping skills for those directly and indirectly impacted by ICE raids.

Guided Meditations (UCLA Mindful)
Free guided meditations for folks in various languages, including English, Spanish, Tagalog, and more.

Guided Audio and Video Practices (UC San Diego Center for Mindfulness)
A range of guided audio and video practices for folks. Included in this catalog are meditations in English and Spanish for adults, teens, and kids.

Somatic Series: Widening Our Window of Tolerance (UCLA Prevention Center of Excellence)
This video series provides an overview of the Window of Tolerance and accessible, experiential body-based mindfulness practices to support yourself or those in your communities.

A Guided Meditation for Anxiety (Psych Hub)
Take a quick break with our 10-minute guided meditation to help calm anxiety, taught by Psych Hub's clinical manager, Emily St. Amant, LPC-MHSP.

A Guided Meditation Exercise for Relaxation During Times of Stress (Psych Hub)
Take a stress-reduction break with our short meditation for stress relief. Guided meditation is a stress reduction technique that can be done anywhere.