Reflecting Self-Care

List of Resources on Self-Care

- Center for Advocacy, Resources & Education (CARE)
- Each Aggie Matters Self-Care Blog
- Stress Resilience | Safety Services
- Mindfulness | Safety Services
- Insight Timer | Meditation Timer App | Safety Services
- Tips for Effective Stress Management and Self-Care during the COVID-19 Outbreak
- UC Davis Health ASAP Resources
- 100 Ways to Radical Self-Care — ALTAIRE CAMBATA
- Self-Care Spotlight (Instagram)
- Self Care 4 you (Instagram)
- Mental Health Advocate (Instagram)
- Radical Self-Care: The Practice of Being Good to Yourself Even When You Don’t Feel Like It
- Uncustomeary Blog
- The Body Is Not An Apology — Radical Self-Love for Everybody and Every Body
- 14 Self-Care Activities Black LGBTQ+ Folks Are Relying on Right Now | SELF
- The Four Areas of Self-Care
- morganharpernichols (Instagram)
- Self Care — POC Online Classroom
- Love Lab | Student Health and Counseling Services
- we are ANXIO.us
- Liberate - Daily meditation app for the Black experience
- Breathe magazine - How to create a mental health first aid kit - Wellbeing