

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 GAMBATA](#)
- [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](#)
- [Uncustomary 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](#)