

Start With You: The Importance of Self-Care

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IT STARTS WITH YOU

**Mindfulness
Exercise #1**

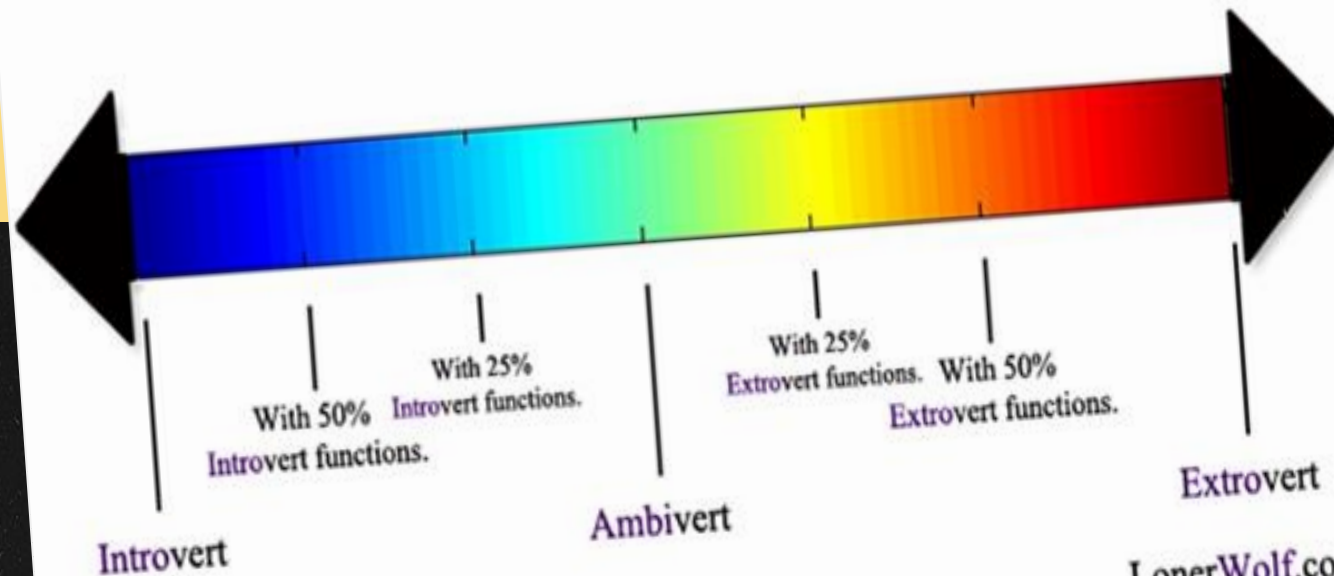


Putting Your Selfcare First



Link: <https://youtu.be/SEfs5TJZ6Nk>

Ambivert Personality Continuum Scale



LonerWolf.com

Introvert vs. Extrovert Quick Quiz

Self Preservation or Selfish?

A large green leaf is being held by a metal fork, set against a bright blue sky with wispy white clouds. Sunlight rays are visible in the upper left corner of the image.

*“Caring for myself is
not self-indulgence,
it is self-preservation,
and that is an act of political warfare.”*

Audre Lorde

Balling on a Budget

Gabriella Nixdorf, Project & Administrative Assistant,
Coalition for Juvenile Justice



Daily Routines

Laura Armstrong, Policy & Field Relations Assoc,
Coalition for Juvenile Justice

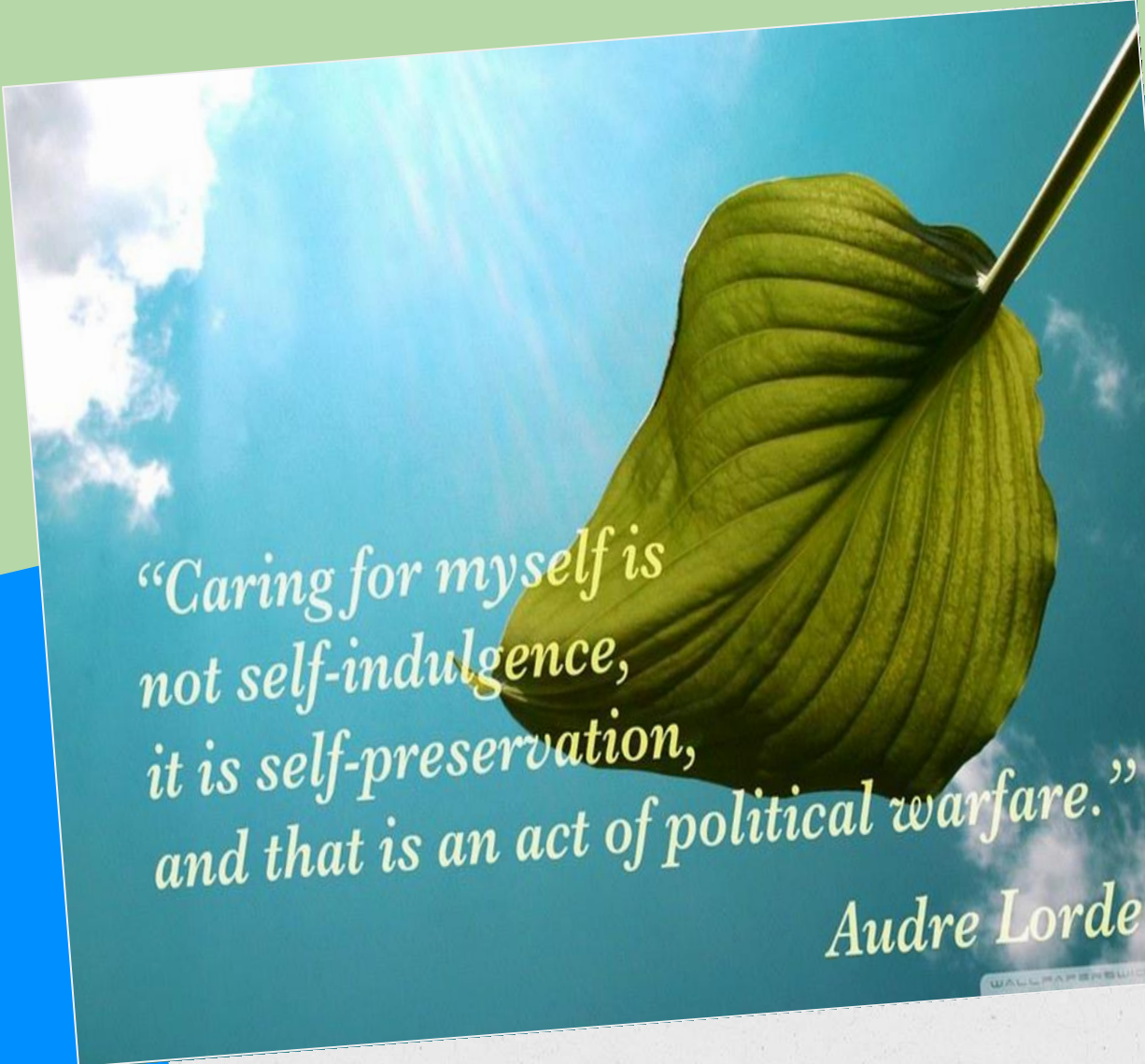


Exercise

Dr. Shameka Stanford, Assistant Professor, Howard University



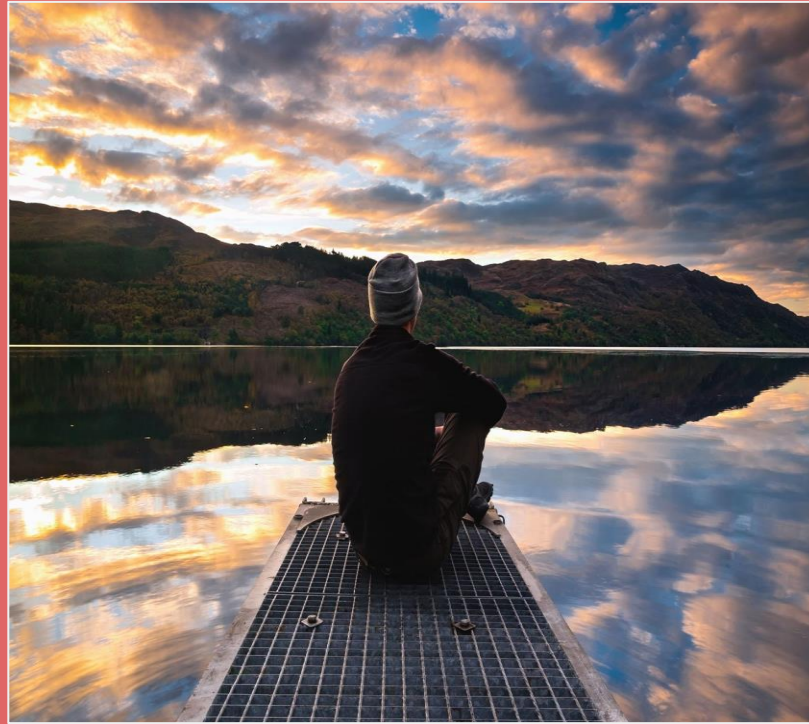
My Self-Care

A large, vibrant green leaf is being held by a pair of silver tweezers. The background is a bright blue sky with scattered white clouds. The scene is captured from a low angle, making the leaf appear to be rising or being lifted.

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not self-indulgence,
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Reflection

Mindfulness Wrap-Up Session



Link: <https://youtu.be/dEzbdLn2bJc>