

Ways to Practice Self-Care

❖ Useful articles, links, or live virtual groups

- Autism Speaks article about self-care for parents: [Taking Care of Yourself](#)
- American Psychological Association: [Caring for children and adolescents with autism during COVID-19](#)
- Mental Health Association of NJ's [Virtual Support & Learning Opportunities](#)
- Autism NJ talks about [COVID-19 and Autism in NJ](#)
- National Alliance on Mental Illness (NAMI) support groups via Zoom: [NAMI NJ support groups](#)
- Virtual calendar of FREE and public support groups by MHANJ Hope and Healing [January 2021 via Zoom](#)
- [Resources for Caregivers of Individuals with Autism](#)
- Mindfulness Practice for Stress reduction and Resilience in Unique Times 11:15 a.m. -12 occurs every M, T, W, Th
<https://rutgers.webex.com/webappng/sites/rutgers/meeting/info/8bf2a5c785b549a08dcafd7db4466999?siteurl=rutgers&MTID=m912904b619474184e72f45569bb8cd9c>
- Guided meditations & exercises <https://centerformsc.org/practice-msc/guided-meditations-and-exercises/>
- Mindful online learning course (\$99) <https://learning.mindful.org/p/daily-mindfulness-free/>
- Daily free meditations for adults or kids <https://free.healthjourneys.com/>
- Deep breathing exercises for stress relief
<https://www.youtube.com/watch?v=xR7r0cwxxFO>

Please see the last page for a couple of the Family Support Organization's support services

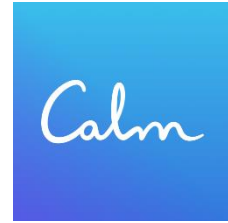
❖ Mobile Applications

- 10% Happier (meditation app)
 - Videos that help make it fun and straightforward to learn meditation skills
 - 500+ guided meditations (topics include anxiety, parenting, focus)
 - Sleep section of relaxing meditations to assist with falling (and staying) asleep
 - Mindfulness stories, wisdom, and inspiration to listen to on the go when you don't feel like meditating
 - Short meditations to help fit into a busy lifestyle
 - Free trial offered
 - Annual Membership of \$99.99
 - This company also has a podcast that is available on major streaming such as Apple Podcasts, Google Podcasts, Spotify, etc.
- Calm
 - Great for beginners in meditation, but also has hundreds of programs for intermediate to advanced users.



TEN
PERCENT
HAPPIER

- Guided meditation sessions available for 3 min., 5 min., 10 min., 15 min., 20 min., or 25 min.
- Sleep Stories – bedtime stories that help put you to sleep (for adults and children)
- Mindfulness topics include calming anxiety, managing stress, relationships, breaking habits, self-esteem, gratitude, and many more.
- Monthly subscription \$14.99 or annual \$69.99



- Headspace (has some free)
 - Guided meditations on focus, exercise, and sleep
 - A new daily meditation topic each day
 - “Move Mode” (workouts/mindful cardio)
 - “Mindful Moments” helps keep you present throughout your day
 - “SOS sessions” for times you feel panic, anxiety, and stress
 - Also offer sessions for kids!
 - Subscription of \$12.99/month or \$69.99/year



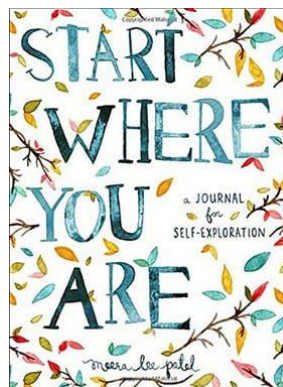
- Eternal Sunshine
 - Daily Inspiration
 - Meditation Exercises (self-love, forgiveness, and more)
 - Inspirational Podcasts



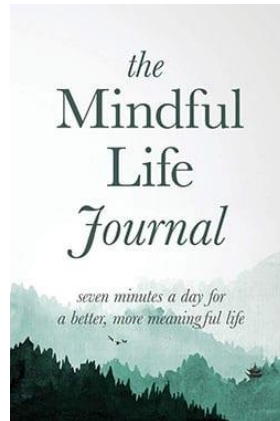
A few more options to apps can be found if you [click here](#).

- ❖ Mindfulness Journals – There are a ton of options online or in some stores to choose from. Below are some examples. If none of these interest you, browse around online on Etsy, Amazon, Walmart, Target, etc.

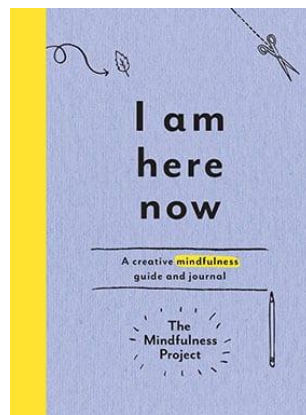
- *Start Where You Are: A Journal for Self-Exploration* includes writing prompts, areas for sketches, and inspirational quotes. Available on [Amazon](#)



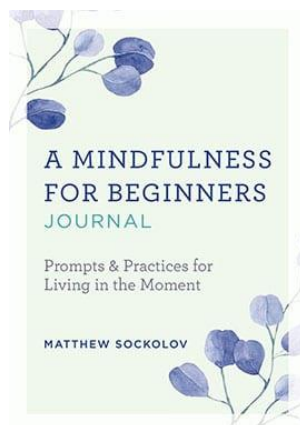
- *Mindful Life Journal: Seven Minutes a Day for a Better, More Meaningful Life* has great prompts for those who may be new to practicing mindfulness. Available on [Amazon](#)



- *I Am Here Now: A Creative Mindfulness Guide and Journal* promotes mindfulness and helps you tap into your creative side. Available from [Target](#) or [Amazon](#)




- *A Mindfulness for Beginners Journal: Prompts and Practices for Living in the Moment* is another great option for beginners. Available from [Target](#) or [Amazon](#)



- ❖ Adult Coloring Books
 - Typically, you can also find adult coloring books at Michael's, Target, Walmart, or online.
 - You can also print some for free from Google, Pinterest, or from the [Crayola website](https://www.crayola.com)

- ❖ FSO (Family Support Organization)



**FSO
HSW**

The Zoom Circle

**Parent & Caregiver Support
Group**

**Join us for this parent and
caregiver support group with
open discussion and resource
sharing. Every Wednesday
from 6PM-7:30PM**

**For More Information
Contact:
Penelope Griffin
PGriffin@fso-hsw.org
908-223-1191 Ext. 216**

WWW.FSO-HSW.ORG



THE BENEFITS OF

Reiki ***

WITH REIKI PRACTITIONER

Gagi

OWNER OF HEALING & THE LIGHT REIKI

FEBRUARY 17TH, 2021

7PM-8:30PM

THIS WORKSHOP WILL COVER:

- A REIKI OVERVIEW FOR PEOPLE & ANIMALS***
- HONING YOUR OWN ENERGY
- VIRTUAL REIKI CIRCLE
- EXPERIENCE "SOUND BOWL" MEDITATION!!!



GREAT WEBINAR FOR PARENTS, CAREGIVERS, AND SOCIAL SERVICE PROFESSIONALS!

FOR QUESTIONS OR HELP WITH REGISTRATION PLEASE CONTACT: [PGRIFFIN@FSO-HSW.ORG](mailto:pgriffin@fso-hsw.org)

***REIKI IS A HANDS OFF TECHNIQUE THAT SUPPORT HEALING OF THE MIND, BODY, AND SOUL.
IT IS NOT A REPLACEMENT FOR LICENSED MEDICAL TREATMENT.