

SRLN Self-Care Resources



SRLN wants to make sure you remember about self-care. Especially during times of crisis we need to care for ourselves before we are able to care for others.

This topic is so important that we have asked our self-care guests to record their presentations for us to publish. If you have videos you think we ought to add or would like to contribute a video of your own for us to publish, please contact info@srln.org.

SRLN Self-Care Series

General Wellness

- [Wellness & Secondary Traumatic Stress](#), Melissa Moss
- [Working from Home](#), Jacquelyn Tucker
- [Introduction to Meditation](#), Eduardo Gonzalez (see Meditation Exercises below)

Meditation Exercises

Eduardo Gonzalez

- [Meditation Basics: Settle in and Take a Breath](#)
- [Loving Kindness Meditation](#)
- [Guided Meditation \(Body Scan\)](#)

You will find an attached presentation that includes slides used in the meditation videos.

Other Self-Care Resources

Charlotte Thaarup-Owen, [What Can Mindfulness Training Do For You? A Resource for Self-Represented Litigants \(representingyourselfcanada.com; pdf\)](#), The Mindfulness Clinic & The National Self-Represented Litigants Project (2016).

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Topics

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Files

[SRLN Problem Solving Self-Care Meditation.pptx](#)

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