

Self-Care Strategies: Sources and Links

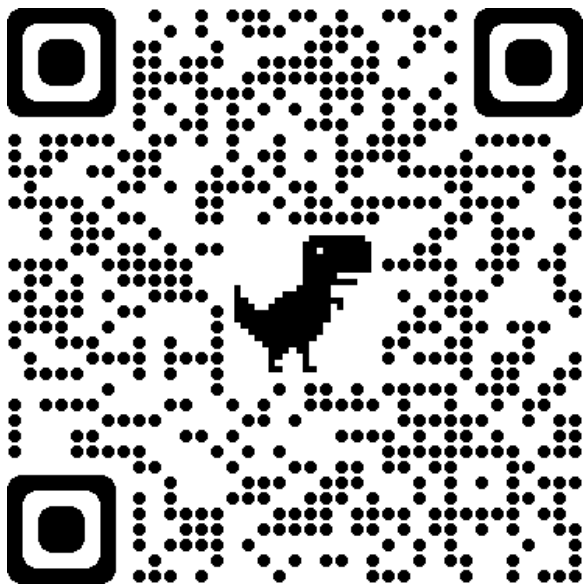
75th Annual WVMEA Conference,

Sandra Fox and Andrea Sullivan, Presenters

Calm

(Meditation adapted from Calm)

<https://www.calm.com/>



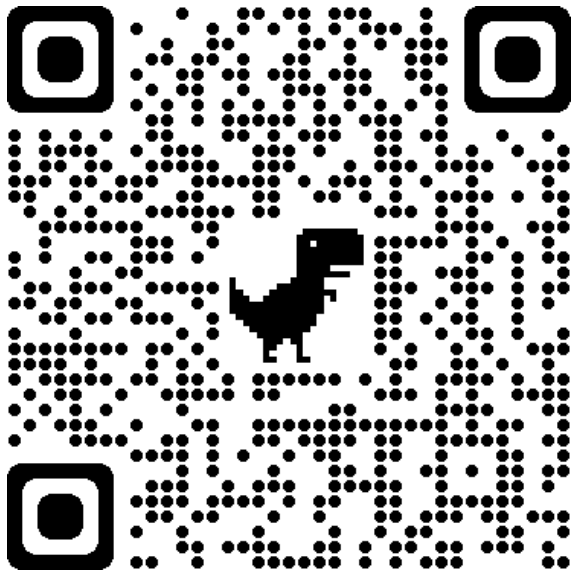
Headspace

<https://www.headspace.com/>



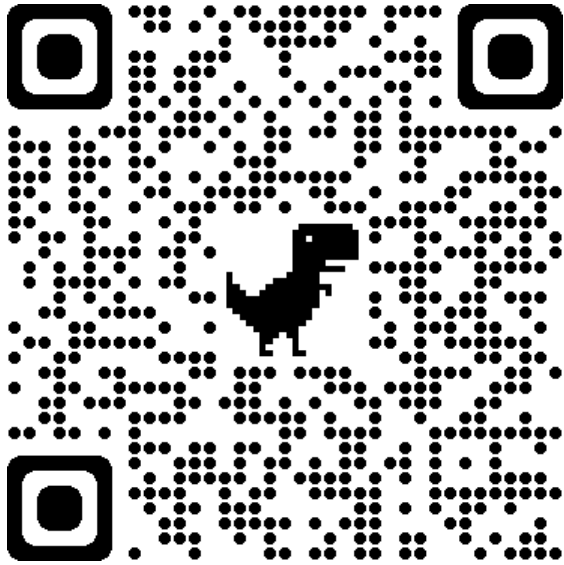
Stop, Breathe, Think

<https://www.stopbreathethink.com/about/>



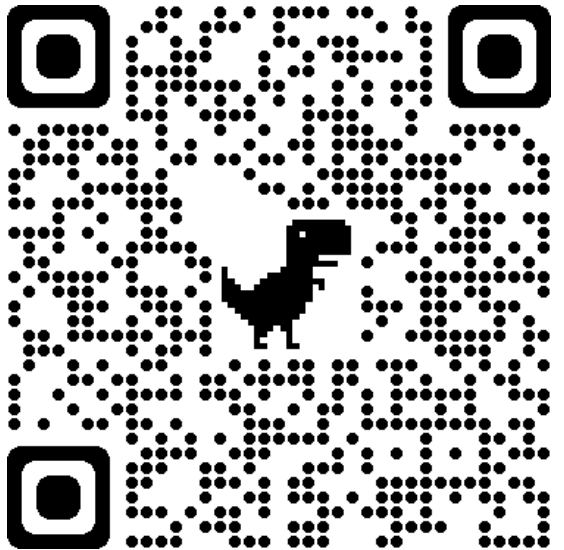
Mind Yeti

<https://www.mindyeti.com/v2/s/pricing>



Spark People

<https://www.sparkpeople.com/>



The Mindful Music Teacher Facebook Group

<https://tinyurl.com/5yxb2dfd>

