

Center for Inclusion and Social Change

Valentine Self and Community Love Digital Resources

3 Most Important Questions Vishen Lakhiani:

<https://www.youtube.com/watch?v=N6XkvoBhhLI>

Free Self-care resources from MyIntent:

https://myintent.org/pages/free?_ke=eyJrbF9lbWFpbCI6ICJ0YW1hcmEud2lsbGlhbXNAY29sb3JhZG8uZWRR1liwglmX2NvbXBhbnlfaWQiOiAiTFmaktLln0%3D

CU-Boulder Self Care Resources for the Education Community:

<https://www.colorado.edu/education/covid-19-resources-our-education-community>

Gentle Yoga option: <https://www.youtube.com/watch?v=V1OtxPbFAec>

Meditation option: <https://www.youtube.com/watch?v=WHCl6b9K25Y>

Free digital coloring pages: <https://www.justcolor.net/relaxation/quotes/>

Gratitude Journal PDF: [HW Gratitude Journal 2019 v2.pdf](#)