

## KY 4-H Virtual Experience – Health: Self-Care Script

Welcome to the Kentucky 4-H Virtual Experience. Today we are focusing on Self-Care and Mindfulness.

My name is Kendriana Price and I am the Acting Assistant Director of Diversity and the Inclusion and Diversity Program Coordinator.

It is no secret that we are facing many challenges in society today. Some of us are facing things that can be seen while others are facing things invisible to the naked eye. No matter the challenge you face, self-care and mindfulness can help you push through and overcome. For our experience today, we will first focus on mindfulness. Being aware of your breathing is an essential part of mindfulness, which can help keep you relax in difficult moments and reduce stress in Zoom school or any other part of your life. For this activity, you will first need to find a quiet space where you are. You can either sit cross-legged or in a chair as I am, but just make sure that your shoulders are relaxed and your back is up straight. The next thing we are going to do is inhale through your nose, and exhale back through your nose without opening your mouth. After you do that, you will count to one. It should look like this.

One.

You will then repeat this cycle of inhaling and exhaling until you get to five. We will do this three times, inhaling and exhaling and counting to five. Follow my lead.

We will start over. We're on round two.

We are going to do that one more time.

Now that we have done that, I want you to reflect on this breathing session. Think about.... Did you start back at one after counting to five? Did you continue to count past five? Or, maybe, did you lose focus

and stop counting altogether? No matter your answer to the reflection questions, I hope you gained a new skill that can help ground yourself when a hard moment arises.

To continue with our social media challenges for the week, I invite you all to share what you do for self-care. You can share your thoughts in the comment section or even create a fun video post sharing with us under the hashtags of #growky4h and #selfcare. To kick us off, I have a few to share with you!

Thank you for joining me today for the Kentucky 4-H Virtual Experience focused on Self-Care. For more information regarding health projects check out your local University of Kentucky, Cooperative Extension Service.