Session 2 of the Leadership Series with Billy Brookshire has been postponed until later in the year. In the meanwhile, we wanted to share some resources that we found to be helpful. The resources related to taking care of ourselves and resilience were retrieved from the Whole Health Resources area on the U.S Department of Veterans Affairs. We hope these linked resources are useful for you, too.

**Videos**

**Breathing Exercises**, Mindful Breathing Techniques (7 minutes)

**Taking a Time to Pause** (10 minutes)

**Acupressure** (4 minutes)

**Progressive Muscle Relaxation** (14 minutes)

**Mindful Poetry** (5 minutes)

**Yoga Demo** (11 minutes)

**Gentle Chair Yoga** (7 minutes)

**Loving Kindness Meditation** (3.5 minutes)

**Tai Chi Demo** (14 minutes)

**Mindful Hathaway Yoga** (8 minutes)

**Handouts**

Chair Yoga Handout

Taking Breaks

**Audio Files**

**Mindfulness of Sounds Meditation**