



**Pennsylvania - Delaware Chapter**  
Association for the Education and Rehabilitation  
of the Blind and Visually Impaired  
[www.penn-delaer.org](http://www.penn-delaer.org)

**Penn-Del AER 2021 Virtual Leadership Series**  
**Taking Charge: Restore, Refresh, Renew**  
**A Three-Part Series on Self-Care and Resilience**  
**Postponed — Session 2 in February with Billy Brookshire**

**Taking Care of Ourselves:**  
**Helping Us So We Can Help Others**  
**Resources Kit**

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](https://www.va.gov/wholeself/). 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**

The Pennsylvania-Delaware Chapter of the Association for the Education and Rehabilitation of the Blind and Visually Impaired (AER) supports professionals who provide education & rehabilitation services to people with visual impairments.