



Times Change Self-Care Resource Listing

A gentle reminder....consider incorporating at least one self-care activity into your weekly job search plan. Finding what restores us is an effective way to increase our capacity so we can navigate the challenges that come with work searching.

Stress Management Tools

Calm App - Meditation Techniques for Sleep and Stress Reduction

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

Happify - Overcome stress and negative thoughts. Build resilience.

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

Tony Robbins - Overcoming Fears

https://www.youtube.com/watch?v=LUHqm8u5_oo

Learning and Personal Development

Emotional Intelligence

<https://psychcentral.com/lib/what-is-emotional-intelligence-eq/>

Ryerson's LIFE Institute – Life Long Learning Centre

<https://www.thelifeinstitute.ca/index.php>

Coursera: Free or Low Cost Online Courses from Major Universities

<https://www.coursera.org/>

Vision Boarding – Why and How To

https://www.huffingtonpost.com/elizabeth-rider/the-scientific-reason-why_b_6392274.html

Time Management

Marinara Online Productivity Timer - Includes a variety of timers according to your task needs.

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

Mindtools - Time Management and Other Resources

https://www.mindtools.com/pages/main/newMN_HTE.htm

City Outings

Harbourfront Events and Festivals

<http://www.harbourfrontcentre.com/>

The Music Garden

<http://www.harbourfrontcentre.com/summermusic/>

Old Town Events

<https://oldtowntoronto.ca/>

Sugar Beach

<http://www.explorewaterfronttoronto.ca/project/canadas-sugar-beach/>

Toronto Public Library Museum + Arts Pass Program

<https://www.torontopubliclibrary.ca/museum-arts-passes/>

Let's get Physical

City of Toronto - Parks and Recreation (some facilities offer free programs)

<https://www.toronto.ca/data/parks/funguide/index.html#age=&barcodes=&district=all&kw=&view>

Free line dancing at Rock N Horse Saloon (entertainment district), Thursdays at 7 pm

Contact information: <https://rockhorsesaloon.com/#contact>

Join a hiking or walking Meetup

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

Nature Things (without a car!)

Toronto's Waterfront

<https://www.toronto.com/things-to-do/things-torontos-waterfront/>

Toronto Island

<http://www.torontoisland.com/>

Toronto Botanical Gardens

<https://torontobotanicalgarden.ca/>

High Park

<http://www.highpark.org/>

Allan Gardens Conservatory

<https://www.toronto.ca/explore-enjoy/parks-gardens-beaches/gardens-and-horticulture/conservatories/allan-gardens-conservatory/>

Centennial Park Conservatory

<https://www.toronto.ca/explore-enjoy/parks-gardens-beaches/gardens-and-horticulture/conservatories/centennial-park-conservatory/>

Sheraton Hotel Waterfall

<http://www.sheratontoronto.com/hotel-features>

Evergreen Brickworks (free shuttle from Broadview station)

<https://www.evergreen.ca/>

Park Bus to Rouge Park (free shuttle)

<https://www.parkbus.ca/rouge>

Mindfulness and Meditation

A listing of group meditation gatherings – free or low cost

https://www.blogto.com/sports_play/2015/02/the_top_10_meditation_centres_in_toronto/

The 519 - Free Mindfulness Meditation Drop-in Group Practice

<http://www.the519.org/programs/mindfulness-meditation>

Headspace - Online Meditations

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

Oprah/Deepak Chopra - 21 Day Meditation Challenge
<https://chopracentermeditation.com/>

Websites, Books and Articles

Tara Brach - Meditation Teacher, Therapist, Author
<https://www.tarabrach.com/>

Sounds True – A variety of resources, some for free
<https://www.soundstrue.com>

Pema Chodron - Buddhist Nun, Teacher, Author
<https://pemachodronfoundation.org/>

David D. Burns, Author of 10 Days to Self-Esteem
<https://feelinggood.com/>

Rebelle Society - is a unique, revolutionary online magazine publishing daily acts of Creative Rebellion and celebrating the Art of Being Alive through words and mixed media.
<http://www.rebellesociety.com/>

TIME - How to Make Your Mind Happy, According to Neuroscience
<http://time.com/4470517/neuroscience-of-mindfulness/>

TIME - Forest Bathing Article
<http://time.com/5259602/japanese-forest-bathing/>

Relaxing Sounds

Long Time Sun - Snatam Kaur (song that was playing at the beginning of the workshop)
<https://www.youtube.com/watch?v=i5dRRhASY7c>

Devi Prayer
<https://www.youtube.com/watch?v=BUlcMJjboEo>

Tibetan Healing Sounds - Singing Bowls - Natural sounds Gold for Meditation & Relaxation
https://www.youtube.com/watch?v=RgqxZU6_qOY&list=RDRgqxZU6_qOY&t=2958