

# Build Your Bounce

Take time every day to nurture your own resilience!

## Free Mindfulness Apps

- Calm
- Sanvello
- Life Armor

## Yoga & Full Body Stretch

[Click here](#)

## In the community!

Volunteer at

[Feeding South Florida](#)

## Guided Self Change

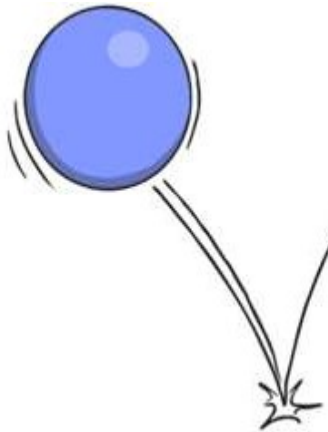
Instagram:

[guidedselfchange](#)

## On campus!

Getting involved in clubs, organizations, and activities are important, because they create communities of common interest. For example, resident assistants and peer counselors make a difference, because they can help students develop coping strategies so that small problems don't become big ones.

Visit [SharkHub](#) to find out about clubs and organizations on NSU campus.



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