

# Self-Care Toolkit

## Self-Care Resources

This toolkit includes supplemental self-care websites and apps, in addition to workshops, retreats, and classes in the Nashville area.

*This list is not exhaustive, nor is it an endorsement for the organizations or tools provided.*

## RETREATCENTERS

### Center for Courage and Renewal

Discover your inner capacity to lead a more authentic, meaningful and resilient life. Reconnect to your soul. Click [here](#) to learn more.

### Dovehouse Ministries

Dovehouse Ministries is a Christian retreat and spiritual direction ministry which offers many different opportunities in which a person can learn to grow in relationship with God. Learn more [here](#).

### Isha Institute of Inner Sciences: Center for Wellbeing

The Isha Institute of Inner-sciences is an Upper Cumberland retreat offering stress-relief, rejuvenation and outdoor recreation 45 minutes outside of Chattanooga. The center is a world-class yoga center featuring classical hatha yoga programs, holistic Ayurvedic rejuvenation, and meditation classes from beginner to advanced levels. Click [here](#) to learn more.

### The Padmasambhava Buddhist Center of Tennessee

Padma Gochen Ling is a rural retreat center on 10 acres of land in a remote hollow outside of Monterey, Tennessee (about 100 miles from Nashville). “Little Gochen” is also the namesake of Rinpoche’s home monastery in Tibet, which was recently rebuilt in 2007. It has a temple (gonpa) and a community building with large kitchen and dining room that can be utilized on a personal or group retreat. Learn more [here](#).

### Penuel Ridge Retreat Center

Penuel Ridge is a spiritual retreat center in Middle Tennessee, honoring heritage and fostering values of contemplation, silence, hospitality, rest, social justice and communion with nature. Learn more [here](#).

# MEDITATION & CENTERING PRAYER CENTERS

## **Contemplative Outreach of Middle Tennessee**

Contemplative Outreach is a spiritual network of individuals and small faith communities committed to living the contemplative dimension of the Gospel in everyday life through the practice of Centering Prayer. They offer programs and support for those who want to deepen their relationship with God through the practice of Centering Prayer. Click [here](#) for more information.

## **Contemplative Prayer at Christ the King Catholic Church**

Centering prayer is a method of silent prayer that opens the heart to Divine love. Rooted in the Christian tradition, this contemplative practice mirrors many traditional Eastern meditation styles while maintaining a focus on deepening one's relationship with God. Click [here](#) for more information.

## **Nashville Zen Center**

The Zen Center was founded in 1982 by people interested in Zen Buddhist practice. They offer Zen practice in the Soto tradition (Japanese), in the lineage of Zengaku Soyu Matsuoka, Roshi. Sessions are led by students of Taiun Michael Elliston, Roshi, Abbot of the Atlanta Soto Zen Center and head of the Silent Thunder Order of Soto Zen practice. The Center welcomes everyone to experience this practice, from the curious to the serious seeker. Learn more [here](#).

## **One Dharma Nashville**

One Dharma's mission is to ensure that the practice of meditation and the joy of awakening are accessible to all who seek it. One Dharma Nashville is an integrative Buddhist meditation and study group founded in 2006 by meditation teacher Lisa Ernst, who wished to offer a contemporary sangha that also maintains roots in Buddha's teachings and practices. Everyone is welcome, from the curious beginner to the experienced practitioner. They encourage diversity and are committed to providing a welcoming and supportive practice refuge to people from all backgrounds. Learn more [here](#).

## **One River Wisdom School at Second Presbyterian Church**

Those who come to practice with One River come from a variety of contemplative traditions: Buddhist Theravada, Zen, and Vajrayana; Christian, Jewish, other spiritual practices, or none. One River is an interspiritual meditation group meeting in a Presbyterian church that is indeed composed of all faiths. They come together each week to study the Perennial Tradition's ways of Wisdom, Justice, and Compassion. Contemplative practices can be used by anyone, whether religious or not. The weekly talks are teachings that arise from the meeting of contemplative practice with the challenges and delights of daily life. Learn more [here](#).

## **Wild Heart Meditation Center**

Wild Heart Meditation Center is a nonprofit organization committed to creating and supporting communities of people interested in integrating Buddhist teachings into their everyday lives. Learn more [here](#).

## WELLNESS & EXERCISE CLASSES

### Be Well at Nashville Public Library

Be Well at NPL provides free yoga, cooking classes, adult coloring classes, meditation and other wellness programming at library branch locations, and connects you to health resources found online and in the community. Click [here](#) for details.

### Community Centers in Nashville

Regional and Neighborhood Community Centers exist throughout the county and provide meeting space, exercise classes, and other wellness features. Click [here](#) to find your wellness center and a list of classes available.

### Community Division Dance Classes at the Nashville Ballet

School of Nashville Ballet's Community Division Adult Classes offer a welcoming environment for students age 18 and up of any experience level. Whether you are new to dance, rediscovering a passion for movement, continuing your dance education or finding new ways to stay fit, Community Division Adult Classes classes can help you achieve your goals. Click [here](#) to learn more.

### DancEast Dance Classes

DancEast transforms the lives of dancers of all ages through its unique approach to dance education. By channeling the power of creativity, movement, & individuality, DancEast builds meaningful relationships with dancers and their families. They provide innovative and proper instruction by experienced and highly-educated staff, engage the community through workshops and performances, and provide an environment that fosters the spirit of learning. Click [here](#) to learn more.

### Nashville Area Running Groups

This web-page lists a variety of running groups that meet throughout Davidson County on different days and times of the week. Click [here](#) to find a group in your area.

## OTHER CLASSES

### Nashville Area Art Classes

Looking for an art class to express your creativity? Click [here](#) to find a class in your area and price range, and artistic medium.

### Nashville Community Education

Nashville Community Education (NCE) is filled with diverse, affordable offerings like sewing, social media, and Spanish to name a few. NCE seeks to enrich the community's personal and professional skills with offerings led by instructors during the Spring, Summer and Fall sessions. Whether you're seeking an opportunity to advance your career, pick up a new hobby, share your passion or meet new people in a relaxed environment, NCE welcomes you to join their classes. Learn more [here](#).

## FREE ONLINE GUIDED MEDITATION

### **The Mindful Awareness Research Center**

MARC's mission is to foster mindful awareness across the lifespan through education and research to promote well-being and a more compassionate society. Access meditations and other resources [here](#).

### **One River Wisdom School**

One River offers online access to guided meditations in the Perennial Tradition. Access meditations [here](#).

### **The Meditation Podcast**

Founded in 2006 by husband-and-wife team Jesse & Jeane Stern, the Meditation Podcast uses guided meditation, binaural beats, mindfulness, and 20+ years experience in Healing Arts. Listen [here](#).

## FREE ONLINE YOGA & TAI CHI

### **DoYogaWithMe**

DoYogaWithMe's mission is to help the world achieve greater well being. For a decade, they have have been making high-quality, online yoga instruction accessible to everyone. Yoga videos, meditations, and more for all levels. Click [here](#) for yoga videos and more.

### **Fightmaster Yoga**

Fightmaster Yoga is a YouTube channel with yoga videos for all levels hosted by Lesley Fightmaster, certified instructor registered with Yoga Alliance. She describes her teaching style as an infusion of meditative and flowing Vinyasa classes with yoga philosophy, concise technical alignment, and some humor. Click [here](#) for access.

### **Taiji Zen**

Taiji Zen's core curriculum includes both martial arts intensive programs, as well as more modern, fitness-styled, mind-body workout experiences. Learn and practice the basics of tai chi and more on the Taiji Zen YouTube channel. Click [here](#) for more information.

### **Yoga with Adriene**

On a mission to get the tools of yoga into schools and homes, Adriene hosts the YouTube channel Yoga With Adriene, an online community of over 4 million subscribers. Yoga With Adriene provides practices on yoga and mindfulness at no cost to inspire people of all ages, shapes, and sizes across the globe. Access videos and tools [here](#).

## WELL-BEING APPS

### **C25K 5K Trainer**

This app offers a structured plan for new runners to gradually build strength and stamina. C25K 5K Trainer is great for those who like a tailored running plan that does not require a personal trainer or running group. Available on iOS and Android for free with option of in-app purchases.

### **Calm**

Calm is an app for meditation and sleep. Guided meditation sessions are available in lengths of 3, 5, 10, 15, 20 or 25 minutes. Download from the App Store or Google Play for free with the option of in-app purchases.

### **Evolve21**

Evolve 21 is an inclusive exercise app for people of all abilities that demonstrates exercises for people with limited mobility. Evolve21's trainers represent individuals with different physical abilities. App users can choose their own wellness adventure and navigate between fitness, meditation and yoga routines. Download in the App Store or Google Play.

### **Grateful**

Grateful was created to make expressing gratitude in your life both easy and fun, as well as to remind you, during those down moments, of the many blessings in your life. Download from the App Store for free with option of in-app purchases.

### **Happify**

Happify is a mental health app that provides tools and programming to help take control of emotional well-being. It helps combat stress, anxiety, depression, and negative thoughts. Download from the App Store or Google Play for free with option for in-app purchases.

### **Insight Timer**

This app has a timer with a pleasant chime, which can be used for silent or guided meditation. There is also a support group feature for those who want to be part of a meditation community. Begin with a free trial before making in-app purchases. Available for iOS and Android.

### **Tai Chi Qigong Tai**

Tai Chi Qigong is an ancient Chinese set of exercises to develop strength and flexibility. This app provides videos of the practice for beginners. Download the app from the App Store for free with option of in-app purchases.

### **Pacifica**

This mental wellness app provides users with psychologist-designed tools to address stress, anxiety, and depression based on Cognitive Behavioral Therapy, mindfulness meditation, relaxation, and mood/health tracking. It allows users to track stress, anxiety, mood, exercise, and diet. Free download available on iOS and Android with option of in-app purchases.

### **Relax Melodies: Sleep Sounds**

Create custom soundscapes with more than 50 free relaxing sounds or purchase premium to access over 100 sounds. App includes calming sounds to help improve sleep or use with meditation. Available in the App Store or Google Play. Free download with option for in-app purchases.

### **Smiling Mind**

Smiling Mind is a nonprofit web and app-based meditation program developed by psychologists and educators to help bring mindfulness into your life. Download in the App Store or Google Play.

## **CREATIVE STRESS RELIEF APPS**

### **Colorfly: Coloring Book**

Discover stunning coloring pages to unwind your mind. Explore the beautiful world created in beautifully detailed illustrations and bring them to life using those colorful palettes with your imagination. Download from the App Store or Google Play.

### **Color Therapy Coloring Number**

Color therapy is a virtual coloring book to aid in relaxation and mindfulness. More than 5,000 coloring pages available. Download from the App Store for free with option for in-app purchases.

### **Daydream Doodler**

Sort of like a pumped-up version of Paint, Daydream Doodler enables you to create cartoon-style drawings with a few simple tools. Download from the App Store for free with option of in-app purchases.

### **Jigsaw Puzzle**

Creators of this app say sorting the pieces, moving your pieces around on the board, and filling in the edges all feel like the real thing. Download from Google Play for free with option for in-app purchases.

### **Magic Jigsaw Puzzles**

Magic Jigsaw Puzzles is the largest jigsaw puzzle game and community online, with over 20,000 HD pictures to relax and solve, new free daily jigsaws and photos curated from National Geographic, Sony Pictures and Cartoon Network. Download for free from the App Store on iOS devices. Option for in-app purchases.

### **Tayasui Sketches**

Sketches is a realistic, versatile and user-friendly sketching app designed for mobile devices. This artist's toolbox helps users create sketches, paintings and illustrations on the go. Download in the App store for free with option for in-app purchases.



This toolkit was created by The Healing Trust as a supplemental tool to enhance self-care practices.

Our mission is the sacred work of fostering healing and wholeness for vulnerable populations through strategic investing, philanthropy, and advocacy.

To discover more about The Healing Trust, visit our website at [www.healingtrust.org](http://www.healingtrust.org).